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|  | [Methods for producing melanin and inorganic fertilizer from fermentation leachates](https://www.abibitumi.com/community/math-and-science-stem/methods-for-producing-melanin-and-inorganic-fertilizer-from-fermentation-leachates/#post-245013) | 115 relevance | 2 years ago | Ọbádélé Kambon, PhD | Math and Science (STEM) |
|  | [h=2]Patents[/h] Find prior art Discuss this patent View PDF Download PDF Try the new Google Patents, with machine-classified Google Scholar results, and Japanese and South Korean patents. Publication number US8815539 B1 Publication type Grant Application number US 13/911,927 Publication date Aug 26, 2014 Filing date Jun 6, 2013 Priority date Jun 6, 2013 Also published as CA2914363A1, 4 More » Inventors Radu Popa, Kenneth H. Nealson Original Assignee River Road Research, Inc. Export Citation BiBTeX, EndNote, RefMan Patent Citations (2), Non-Patent Citations (12), Referenced by (2),Classifications (11), Legal Events (2) External Links: USPTO, USPTO Assignment, Espacenet Methods for producing melanin and inorganic fertilizer from fermentation leachates US 8815539 B1 ABSTRACT Melanin or inorganic fertilizers are produced from fermentation leachates or from low-cost nutrient-rich solutions. The method for producing the melanin or inorganic fertilizer comprises repetitive trophic cycling in the controlled conditions of primary and secondary bioreactors. Nutrients are cycled between microorganisms such as bacteria, yeast and fungi and black soldier fly larvae, Hermetia illucens. Polysaccharides are partly converted into natural melanins or inorganic fertilizer, which are difficult to biodegrade and hence accumulate in the bioreactors. The method can employ, as a source of nutrients, leachates produced from food waste or from sugar-rich liquid waste of the food industry. These leachates can be used raw or can be augmented with low-cost sugar-rich solutions such as molasses, hydrolyzed cellulose or starch. The method is inexpensive and does not require the use of expensive chemically-defined culture media. IMAGES(6) CLAIMS(23) What is claimed is:1. A method for producing microbial melanin and/or a microbial melanin-associated protein comprising the steps of:(a) providing a primary processing bioreactor, a fermentation medium and a microbial culture comprising microorganisms, wherein the microorganisms in the microbial culture comprise Lactobacillus bacteria; (b) fermenting the fermentation medium with the microbial culture in the primary processing bioreactor, thereby producing a primary leachate, wherein the primary leachate comprises microorganisms derived from the microbial culture and/or naturally occurring microorganisms acquired during the fermentation step; (c) isolating or removing the primary leachate from the primary processing bioreactor; (d) providing the primary leachate isolated or removed from the primary processing bioreactor, a secondary processing bioreactor, Hermetia illucens (black soldier fly) larvae (BSFL), and a cellulose-based substrate; (e) culturing the BSFL in an aerated culture with the primary leachate isolated or removed from the primary processing bioreactor and the cellulose-based substrate in the secondary processing bioreactor under suboptimal culture conditions for culture of the BSFL, thereby producing a secondary leachate, wherein the suboptimal culture condition is suboptimal temperature, high density, chemical stress, acidification, presence of toxic secondary metabolites, and/or nutrient starvation; (f) isolating or removing the secondary leachate from the secondary processing bioreactor, wherein the secondary leachate from the secondary processing bioreactor comprises melanin and/or a melanin-associated protein; and (g) extracting or isolating the melanin or melanin-associated protein from the secondary leachate. 2. The method of claim 1 wherein the melanin is selected from the group consisting of pyomelanin, eumelanin and pheomelanin. 3. The method of claim 1 wherein the melanin-associated protein is associated with the melanin. 4. The method of claim 1 wherein the step of extracting or isolating the melanin or melanin-associated protein comprises the step of evaporating, titrating for changing the pH, filtering, centrifuging, dialyzing and/or lyophilizing the melanin or melanin-associated protein. 5. The method of claim 1 wherein, in the step of culturing the BSFL with the primary leachate, the BSFL density is maintained at a larvae:liquid ratio, wherein the larvae:liquid ratio is 1 kg of larvae:1 kg of liquid to 1 kg of larvae:5 kg of liquid. 6. The method of claim 1 wherein the step of culturing the BSFL with the primary leachate further comprises adding BSFL to the secondary processing bioreactor to maintain the BSFL density at a larvae:liquid ratio, wherein the larvae:liquid ratio is 1 kg of larvae:1 kg of liquid to 1 kg of larvae:5 kg of liquid. 7. The method of claim 1 wherein the step of culturing the BSFL with the primary leachate proceeds for 10-20 days. 8. The method of claim 1 wherein the fermentation medium is organic waste. 9. The method of claim 8 wherein the organic waste is food waste, plant waste, compost, cellulosic residues, cellulose-rich waste, starch-rich waste, or protein-rich waste. 10. The method of claim 1 wherein the step of fermenting the fermentation medium with the microbial culture is conducted under anaerobic or microaerobic conditions. 11. The method of claim 1 wherein the microorganisms in the microbial culture are bacteria, yeast and/or fungi. 12. The method of claim 1 wherein the microorganisms in the microbial culture further comprise Clostridium and/or Acetobacter bacteria. 13. The method of claim 1 wherein the providing step (a) comprises providing a microbial culture that is a mixed microbial culture. 14. The method of claim 1 wherein the steps of (a) providing a primary processing bioreactor, a fermentation medium and a microbial culture comprising microorganisms, (b) fermenting the fermentation medium with the microbial culture in the primary processing bioreactor, thereby producing a primary leachate, and (c) isolating or removing the primary leachate from the fermentation medium, are repeated in sequence (a)-(c) at least 1-5 times. 15. The method of claim 1 comprising the step of monitoring the chemical composition of the primary leachate. 16. The method of claim 15 wherein the step of monitoring the chemical composition of the primary leachate is conducted prior to the step of isolating or removing the primary leachate from the primary processing bioreactor. 17. The method of claim 1 wherein the step of isolating or removing the primary leachate from the primary processing bioreactor is conducted at a point at which the fermentation becomes inefficient. 18. The method of claim 1 wherein the step of isolating or removing the primary leachate from the primary processing bioreactor is conducted when the pH of the leachate is 3.4-4.0±0.4. 19. The method of claim 1 wherein the step of culturing the BSFL comprises the step of adding an additive to the secondary processing bioreactor. 20. The method of claim 19 wherein the additive comprises carbohydrate, cellulose and/or starch. 21. The method of claim 20 wherein the carbohydrate is a sugar. 22. The method of claim 1 wherein the nutrient starvation is a nitrogen-poor and/or a phosphorus-poor relative to C condition as compared to the classical Redfield ratio of approximately C:N:P=106:16:1. 23. The method of claim 1 wherein the culture in the secondary bioreactor comprises bacteria, yeast and/or fungi, and wherein the bacteria, yeast and/or fungi are derived from the primary leachate or are naturally occurring and introduced naturally from the environment into the culture in the secondary processing bioreactor. DESCRIPTION 1. TECHNICAL FIELDThe present invention relates to methods for producing melanin, melanin-associated proteins and inorganic fertilizer from fermentation leachates or from nutrient rich solutions spiked with low cost, sugar-rich sources. 2. BACKGROUND OF THE INVENTIONMelanin is one of a very few examples of natural organic semiconductors and was demonstrated to be such in the early 1970s. Melanin is thus a desirable natural, environmentally friendly material with many known applications for the electronics industry. Melanin can be used to produce a wide variety of biologically friendly electronic devices and batteries used in applications such as medical sensors and tissue stimulation treatments. Many metazoans and microorganisms form melanin naturally. Because the concentration of melanin in these organisms is generally low and melanin is very insoluble, melanin extraction is inefficient and natural melanin is expensive. It is known in the art that the yield of melanin in a microbial culture can be increased by using chemically defined culture media, targeted extraction from natural populations, culturing pure strains, mutation and selection, genetic modification, and by spiking culture media with melanin precursors such as tyrosine and phenylalanine. Melanins (such as eumelanin, pheomelanin and pyomelanin) are natural polyphenols produced by living cells. Pyomelanin is a negatively charged hydrophobic polymer of imprecise structure and size (Turick et al., 2003, 2009). It is present in fungi (Nosanchuk and Casadevall, 1997; Carreira et al., 2001; Schmaler-Ripcke et al., 2009), but also in many bacteria such as species of Pseudomonas (Yabuuchi and Ohyama, 1972; Arai, 1980), Legionella (Chatfield and Cianciotto, 2007) and Shewanella (Turick et al., 2008). Unlike the well-known eumalanin, which is produced from dihydroxyphenylalanine (DOPA), pyomelanin is metabolically derived from homogentisic acid (HGA), which upon elimination from cells autooxidizes and polymerizes as pyomelanin (David et al. 1996; Chatfield and Cianciotto 2007; Schmaler-Ripcke, 2009; Yabuuchi and Ohyama, 1972; Ruzafa et al., 1994; Kotob et al., 1995). In cells, pyomelanin is often associated with proteins (albeit melanin associated proteins are relatively little studied), and it is more concentrated in the outer cell envelopes such as the lipopolysaccharide layer and cell capsule (Turick et al., 2003). The primary role of pyomelanin in living cells remains debated as melanins were proposed to play various roles in different species. Melanins can alter the electrical charge of a cell, especially when the polysaccharide capsule is small or absent (Nosanchuk and Casadevall, 1997). In Cryptococcus spp. the expression of pyomelanin is correlated with virulence (Kwon-Chung, 1982). In Legionella, pyomelanin increases resistance to light (Steinert et al., 1995). An antioxidant role for pyomelanin has been often proposed and has been demonstrated in Burkholderia sp. (Boles et al., 2004; Boles and Singh, 2008) and Methylococcus thermophilus (Sokolov et al., 1992). Pyomelanin confers Legionella ferric reductase capabilities (Chatfield and Cianciotto, 2007) and may help cells reduce, immobilize or chelate metals (Chatfield and Cianciotto, 2007; Turick et al., 2008; Nyhus et al., 1997). Pyomelanin may also bind and help recycle soluble electron shuttles such as riboflavin or may be used to transfer electrons toward solid phases (Marsili et al., 2008; Turick et al., 2009). The capacity of melanins to transfer electrons is derived from their ability to change the state of their monomers between quinone, semiquinone and hydroquinone (FIG. 1) (McGinness et al., 1974; Turrick et al., 2010). Because melanins have broad energy absorbing properties, their capacity to exchange electrons are influenced by many types of energy sources, including ionizing radiation, UV light, visible light, IR light and heat (Dadachova et al., 2007). It was proposed that in nature pyomelanin may also serve as a terminal electron acceptor (Turick et al., 2008), electron shuttle (Arai et al., 1980; Keith et al., 2007), or conduit for electrons (Turick et al., 2010). Due to the complex architecture and broad size range of melanin the chemical entourage of the various quinone centers vary within a melanin polymer. Hence, their redox properties also vary, albeit they can exchange electrons within and between melanin polymers. For this reason, rather than having a narrow redox potential (Eo) as most simple redox chemicals do, melanin shows a broad redox potential profile. The discharge or recharge of electrons from some quinone centers is likely followed by re-partition of electrons and protons within the polymer until equilibrium is reached. Because most redox transformations involving melanin in nature occur at low redox potential (dEo435/42, 530/300, 530/317, 435/41 International Classification C12P39/00 Cooperative Classification C07K14/335, C07K14/33, C07K14/195, C12P17/00, C05B17/00, C12P39/00 LEGAL EVENTS [TH=class: patent-data-table-th]Date[/TH] [TH=class: patent-data-table-th]Code[/TH] [TH=class: patent-data-table-th]Event[/TH] [TH=class: patent-data-table-th]Description[/TH] Jun 6, 2013 AS Assignment Owner name: RIVER ROAD RESEARCH, INC., NEW YORK Free format text: ASSIGNMENT OF ASSIGNORS INTEREST;ASSIGNORS:POPA, RADU;NEALSON, KENNETH H.;REEL/FRAME:030562/0697 Effective date: 20130605 Jun 3, 2016 AS Assignment Owner name: JPMORGAN CHASE BANK, N.A., AS ADMINISTRATIVE AGENT Free format text: SECURITY INTEREST;ASSIGNOR:RIVER ROAD RESEARCH, INC.;REEL/FRAME:038801/0761 Effective date: 20160603 | | | | |
|  | [146 ways (highly refined) sugar can seriously ruin your health](https://www.abibitumi.com/community/health/146-ways-highly-refined-sugar-can-seriously-ruin-your-health/#post-38870) | 84 relevance | 10 years ago | KwameD | Health |
|  | (from 146 Reasons Why Sugar Is Ruining Your Health) 146 Reasons Why Sugar Is Ruining Your Health By Nancy Appleton, Ph.D. www.nancyappleton.com Author of LICK THE SUGAR HABIT and LICK THE SUGAR HABIT SUGAR COUNTER. 1. Sugar can suppress the immune system. 2. Sugar upsets the mineral relationships in the body. 3. Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children. 4. Sugar can produce a significant rise in triglycerides. 5. Sugar contributes to the reduction in defense against bacterial infection (infectious diseases). 6. Sugar causes a loss of tissue elasticity and function, the more sugar you eat the more elasticity and function you loose. 7. Sugar reduces high density lipoproteins. 8. Sugar leads to chromium deficiency. 9 Sugar leads to cancer of the ovaries. 10. Sugar can increase fasting levels of glucose. 11. Sugar causes copper deficiency. 12. Sugar interferes with absorption of calcium and magnesium. 13. Sugar can weaken eyesight. 14. Sugar raises the level of a neurotransmitters: dopamine, serotonin, and norepinephrine. 15. Sugar can cause hypoglycemia. 16. Sugar can produce an acidic digestive tract. 17. Sugar can cause a rapid rise of adrenaline levels in children. 18. Sugar malabsorption is frequent in patients with functional bowel disease. 19. Sugar can cause premature aging. 20. Sugar can lead to alcoholism. 21. Sugar can cause tooth decay. 22. Sugar contributes to obesity 23. High intake of sugar increases the risk of Crohn's disease, and ulcerative colitis. 24. Sugar can cause changes frequently found in person with gastric or duodenal ulcers. 25. Sugar can cause arthritis. 26. Sugar can cause asthma. 27. Sugar greatly assists the uncontrolled growth of Candida Albicans (yeast infections). 28. Sugar can cause gallstones. 29. Sugar can cause heart disease. 30. Sugar can cause appendicitis. 31. Sugar can cause multiple sclerosis. 32. Sugar can cause hemorrhoids. 33. Sugar can cause varicose veins. 34. Sugar can elevate glucose and insulin responses in oral contraceptive users. 35. Sugar can lead to periodontal disease. 36. Sugar can contribute to osteoporosis. 37. Sugar contributes to saliva acidity. 38. Sugar can cause a decrease in insulin sensitivity. 39. Sugar can lower the amount of Vitamin E (alpha-Tocopherolin the blood. 40. Sugar can decrease growth hormone. 41. Sugar can increase cholesterol. 42. Sugar can increase the systolic blood pressure. 43. Sugar can cause drowsiness and decreased activity in children. 44. High sugar intake increases advanced glycation end products (AGEs)(Sugar bound non-enzymatically to protein) 45. Sugar can interfere with the absorption of protein. 46. Sugar causes food allergies. 47. Sugar can contribute to diabetes. 48. Sugar can cause toxemia during pregnancy. 49. Sugar can contribute to eczema in children. 50. Sugar can cause cardiovascular disease. 51. Sugar can impair the structure of DNA 52. Sugar can change the structure of protein. 53. Sugar can make our skin age by changing the structure of collagen. 54. Sugar can cause cataracts. 55. Sugar can cause emphysema. 56. Sugar can cause atherosclerosis. 57. Sugar can promote an elevation of low density lipoproteins (LDL). 58. High sugar intake can impair the physiological homeostasis of many systems in the body. 59. Sugar lowers the enzymes ability to function. 60. Sugar intake is higher in people with Parkinson’s disease. 61. Sugar can cause a permanent altering the way the proteins act in the body. 62. Sugar can increase the size of the liver by making the liver cells divide. 63. Sugar can increase the amount of liver fat. 64. Sugar can increase kidney size and produce pathological changes in the kidney. 65. Sugar can damage the pancreas. 66. Sugar can increase the body's fluid retention. 67. Sugar is enemy #1 of the bowel movement. 68. Sugar can cause myopia (nearsightedness). 69. Sugar can compromise the lining of the capillaries. 70. Sugar can make the tendons more brittle. 71. Sugar can cause headaches, including migraine. 72. Sugar plays a role in pancreatic cancer in women. 73. Sugar can adversely affect school children's grades and cause learning disorders.. 74. Sugar can cause an increase in delta, alpha, and theta brain waves. 75. Sugar can cause depression. 76. Sugar increases the risk of gastric cancer. 77. Sugar and cause dyspepsia (indigestion). 78. Sugar can increase your risk of getting gout. 79. Sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates. 80. Sugar can increase the insulin responses in humans consuming high-sugar diets compared to low sugar diets. 81 High refined sugar diet reduces learning capacity. 82. Sugar can cause less effective functioning of two blood proteins, albumin, and lipoproteins, which may reduce the body’s ability to handle fat and cholesterol. 83. Sugar can contribute to Alzheimer’s disease. 84. Sugar can cause platelet adhesiveness. 85. Sugar can cause hormonal imbalance; some hormones become underactive and others become overactive. 86. Sugar can lead to the formation of kidney stones. 87. Sugar can lead to the hypothalamus to become highly sensitive to a large variety of stimuli. 88. Sugar can lead to dizziness. 89. Diets high in sugar can cause free radicals and oxidative stress. 90. High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion. 91. High sugar diet can lead to biliary tract cancer. 92. Sugar feeds cancer. 93. High sugar consumption of pregnant adolescents is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant. 94. High sugar consumption can lead to substantial decrease in gestation duration among adolescents. 95. Sugar slows food's travel time through the gastrointestinal tract. 96. Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon. This can modify bile to produce cancer-causing compounds and colon cancer. 97. Sugar increases estradiol (the most potent form of naturally occurring estrogen) in men. 98. Sugar combines and destroys phosphatase, an enzyme, which makes the process of digestion more difficult. 99. Sugar can be a risk factor of gallbladder cancer. 100. Sugar is an addictive substance. 101. Sugar can be intoxicating, similar to alcohol. 102. Sugar can exacerbate PMS. 103. Sugar given to premature babies can affect the amount of carbon dioxide they produce. 104. Decrease in sugar intake can increase emotional stability. 105. The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch. 106. The rapid absorption of sugar promotes excessive food intake in obese subjects. 107. Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD). 108. Sugar adversely affects urinary electrolyte composition. 109. Sugar can slow down the ability of the adrenal glands to function. 110. Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases. 111.. I.Vs (intravenous feedings) of sugar water can cut off oxygen to the brain. 112. High sucrose intake could be an important risk factor in lung cancer. 113. Sugar increases the risk of polio. 114. High sugar intake can cause epileptic seizures. 115. Sugar causes high blood pressure in obese people. 116. In Intensive Care Units, limiting sugar saves lives. 117. Sugar may induce cell death. 118. Sugar can increase the amount of food that you eat. 119. In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior. 120. Sugar can lead to prostrate cancer. 121. Sugar dehydrates newborns. 122. Sugar increases the estradiol in young men. 123. Sugar can cause low birth weight babies. 124. Greater consumption of refined sugar is associated with a worse outcome of schizophrenia 125. Sugar can raise homocysteine levels in the blood stream. 126. Sweet food items increase the risk of breast cancer. 127. Sugar is a risk factor in cancer of the small intestine. 128. Sugar may cause laryngeal cancer. 129. Sugar induces salt and water retention. 130. Sugar may contribute to mild memory loss. 131. As sugar increases in the diet of 10 years olds, there is a linear decrease in the intake of many essential nutrients. 132. Sugar can increase the total amount of food consumed. 133. Exposing a newborn to sugar results in a heightened preference for sucrose relative to water at 6 months and 2 years of age. 134. Sugar causes constipation. 135. Sugar causes varicous veins. 136. Sugar can cause brain decay in prediabetic and diabetic women. 137. Sugar can increase the risk of stomach cancer. 138. Sugar can cause metabolic syndrome. 139. Sugar ingestion by pregnant women increases neural tube defects in embryos. 140. Sugar can be a factor in asthma. 141. The higher the sugar consumption the more chances of getting irritable bowel syndrome. 142. Sugar could affect central reward systems. 143. Sugar can cause cancer of the rectum. 144. Sugar can cause endometrial cancer. 145. Sugar can cause renal (kidney) cell carcinoma. 146. Sugar can cause liver tumors. 1. Sanchez, A., et al. "Role of Sugars in Human Neutrophilic Phagocytosis," American Journal of Clinical Nutrition. Nov 1973;261:1180-1184. Bernstein, J., et al. "Depression of Lymphocyte Transformation Following Oral Glucose Ingestion." American Journal of Clinical Nutrition.1997;30:613. 2. Couzy, F., et al."Nutritional Implications of the Interaction Minerals," Progressive Food and Nutrition Science 17;1933:65-87. 3. Goldman, J., et al. "Behavioral Effects of Sucrose on Preschool Children." Journal of Abnormal Child Psychology.1986;14(4):565-577. 4. 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|  | [How do you live without electricity?](https://www.abibitumi.com/community/math-and-science-stem/how-do-you-live-without-electricity/#post-31449) | 48 relevance | 11 years ago | Ọbádélé Kambon, PhD | Math and Science (STEM) |
|  | How do you live without electricity By Anita Evangelista It’s going to happen. Sooner or later, the power will go off, and you won’t know when (or if) it will come back on. This doesn’t have to be the work of evil-doers, either. It could be a sudden ice storm that brings down the power lines. It could result from other severe weather such as a tornado or hurricane, or from a disruption caused by faulty power company equipment, or even something as simple as a tree branch falling on your own personal segment of the grid. The effect is the same: everything electrical in your home stops working. For most modern Americans, the loss of power means the complete loss of normalcy. Their lifestyle is so dependent upon the grid’s constancy that they do not know how to function without it. How do you cook a meal if your gas stove has an electric ignition? How do your children find their way to the bathroom at night if the light switches don’t work? How do you keep warm if your wood heat is moved through ducts by an electric fan? What do you do with a freezer full of expensive meat? How do you find out what is happening in your area with the TV and radio silent? What will you drink if your water comes from a system dependent on electrical pumps? These are questions that both the Red Cross and Federal Emergency Management Agency are asking people to seriously consider. Both of these agencies have suggested that preparations for three days without power are prudent commonsense actions that all Americans should now undertake. We’ll look at these issues in the broad context of living without access to the grid, whether you’ve chosen to separate from it or whether the choice is made for you by outside forces. What you can do now to mitigate your difficulties if the power goes off in the future, and what you can do then to help keep your situation under control, will be the focus of this article. Remember, too, that an important principle in all preparations is that you maintain as much “normalcy” in your lifestyle as possible. For example, if television is part of your relaxation and unwinding process, don’t assume you can easily do without it. The closer you can keep your daily routines to “the norm” for your family, the more easily you can deal with power outages. There are five primary areas that are easily disrupted if the power goes off. Each of these is critical to daily survival, as well, so when making preparations for emergencies keep these in mind. In order of importance, they are: light, water, cooking, heating/cooling, and communication. Light While living on our Ozark farm without the grid, we spent some time rising with the sun and going to bed when the sun set. This would probably have been a pretty healthy way to live, if everyone else in the world did the same thing. Our children’s bathroom needs didn’t stop when the sun went down, our neighbors figured that nighttime visits weren’t out of the ordinary, and those midnight raids on the pantry for crackers and peanut butter turned into fumble-fests. Sometimes the barking of our livestock guardian dogs meant strange predators were too close for comfort, somewhere in the countryside darkness. Light is the most important item on our Big Five list because without light we are not able to efficiently carry on the other activities of daily living. The most simple and familiar form of emergency lighting is a flashlight. Do you have one that you could find in the dark, right now? If so, congratulations. You are among a very small percentage of Americans. Better yet if you have one for each member of your family, with fresh batteries, plus three extra sets of batteries for each flashlight. That should be your minimum “safe” number. Store your flashlight where you can quickly reach it in the dark night—under the mattress of your bed, for example. Each child old enough to walk should also have his or her own flashlight, and be taught how to use it. Flashlights range in price from the 79 cent cheapie to the fancy multi-function $80 special. Consider a small 2-AA battery flashlight with a halogen bulb. These cost about $4-5 each, give an excellent clear white light, and are easily portable in a pocket or purse. Additionally, when we discuss communications later in the article, the most common battery used in these devices is also the AA, so your life will be simplified if you stick primarily to one type of battery and don’t have to buy various odd sizes for different needs. Batteries wear out rapidly if your flashlights are used continuously: figure two changes per week of regular use. Alkaline batteries last longer, give a more powerful light, but cost more than regular batteries. Most rechargeable batteries are suitable for flashlights, but should be recharged when the light begins to dim a little. Don’t let them get completely drained. This means you would need several sets of rechargables for each flashlight (some would be recharging while you use the others). Cooking bread outdoors in a Dutch Oven Recharging can be done by means of a charger plugged into your car’s cigarette lighter outlet. These DC-powered rechargers can be found at auto supply stores and at Radio Shack for about $30 or less. Solar rechargers work slower but produce the same results for about $30. Candles are available, slightly used, at garage sales and thrift stores (5 cents to 10 cents each or less), and some outlet stores like Big Lots have new candles for 25 cents. We have a cardboard box weighing 35 pounds that is filled with various sizes and shapes of candles. This would be about a year’s supply for my family. We’ve acquired them gradually, every time we found them inexpensively. They never go bad! Candles are easy to use and familiar. Most of us can adjust to using candles easily. The light is soft and wavering. You’ll need at least three candles if you hope to read by the light. If you have small children or indoor pets, care must be taken where you place them. Metal candle holders that hang on walls are probably the safest. Remember to place a heat proof plate underneath the holder to catch drippings. Save your wax drippings, too, to make more candles later. Oil (kerosene) lamps produce a steadier light than candles. Department store oil lamps cost about $10 each and come in attractive styles. Lamp oil is about $3 per liter. A typical lamp will burn one to two cups of oil per night, so you would use about two liters each week per lamp. The light from these lamps is not quite adequate to read by unless it is placed very close, and the light does waver a little. A single lamp can provide enough light in a room so that you don’t bump into furniture, but two or three may be needed to provide good functional light. As with candles, if you have children, these lamps need to be placed securely and out of reach. The smell of burning oil (kerosene) can get heavy in a closed room so keep ventilation open. Keep an extra set of wicks ($2) and chimneys ($3) in case of breakage. The Cadillac of oil lamps is the Aladdin Lamp. These run from $60 up to several hundred each. The light given off is as good as a 60-watt bulb, clear, and unwavering. You can read or do needlepoint by the light of one lamp. These burn the same oil or kerosene as typical lamps, but because they burn hotter, there is much less odor. Position these lamps so that they cannot accidentally be overturned, and so that the intense heat coming from the chimney won’t ignite something. Purchase an additional “mantle” (the light-giving portion of the lamp - $3), and chimney ($15), as backups. Solar powered lamps ($80-$120) are typically small fluorescents, and can be run off of battery systems. It may take more than one day of bright sunlight to recharge these lamps, so you may need several—one to use, while others are recharging. The light is white and clear, good for area-lighting, and rather difficult to read by. Have extra fluorescent bulbs on hand, too. Don’t forget to store matches! Water If you live in a town or city, the loss of power to homes and businesses probably will not immediately affect your water pressure, but it could affect the purification process or allow reverse seepage of contaminants into the lines. If, instead, your water comes from an electrically-powered home water pump, your water stops flowing the moment the power does. Either way, with the loss of power comes the loss of water (or, at least, clean water). Water that is free of bacteria and contaminants is so crucial to our survival that it should be a special concern in your preparations. The easiest way to guarantee quality water is to store it right now. The important question is: how much? Both Red Cross and FEMA suggest a minimum of one gallon per day per person. This is an absolute minimum, and covers only your real drinking and cooking needs; bathing is out of the question. The typical American currently uses around 70 gallons a day, taking a nice long hot shower, flushing the toilet several times, washing a load of laundry, letting the water run while brushing teeth, and for cooking and drinking. In a short-term emergency situation, only drinking and cooking water is crucial, but if that short-term incident drags out to weeks or months, daily consumption would rise to include bathing and clothes washing. And this presumes that the family has prepared a sanitary “outhouse,” so flushing isn’t needed. In that case, 5-10 gallons per day per person would be a more reasonable amount, with a weekly communal bath becoming the routine. One to three-gallon jugs, direct from the supermarket, run about 60 cents to $2; these store easily under cabinets and counters. A few tucked into the freezer will help keep things cold if the power goes off. You can also store water inexpensively in large, covered plastic trash cans; they hold 36 to 55 gallons each. Refresh the water every two weeks, so it will be ready in case the power goes off. Kiddie swimming pools—a 12-foot wide, 36-inch deep pool holds 2500 gallons and costs about $250—also make excellent above-ground holding tanks. Buy a pool cover, as well, to keep bugs out. Farm supply stores often sell “water tanks” made of heavy grade plastic. These can be partially buried underground to keep water cooler and less susceptible to mold and bacteria. These run about $1 per gallon of holding capacity, so a 350-gallon tank new will cost $350. Plan to filter and purify the water before use. Collecting water can be done by hand with 5-gallon plastic buckets if you live near a river or stream (it must be filtered and purified before use). You can also divert rainwater off your roof, through the rain gutters and downspouts into plastic trashcans. If you live in the Midwest, Northwest, or East Coast, rainfall is adequate to make this your primary backup water source. West Coast, high desert, and mountain areas, though, won’t have sufficient rainfall to make this a reliable source. A drilled well with an electric pump can be retrofitted with a plastic hand-pump for about $400 - $600. These systems sit side-by-side with your electric pump down the same well-shaft, and can be put to use any time the power is off. Typical delivery is about 2 gallons per minute, and pumping strength varies from 11 to 20 pounds—a good but not exhausting workout. Water can be purified inexpensively. Fifteen drops of bleach (plain unscented) per gallon of water costs less than 1 penny, and ¼ cup of hydrogen peroxide (3%) per gallon will also destroy bacteria. Twenty minutes of a hard, rolling boil will, too. Bleach is effective against both cholera and typhoid and has kept American water supplies safe for decades. The chlorine taste can be easily removed with a charcoal filter system (such as Brita Pitcher or Pur brands for home use, about $30). British Berkefeld water filters, along with various other brands, are more expensive ($150-$250), but can filter and purify water indefinitely. Both eliminate bacteria, contaminants, and off-flavors. We’ve used a “Big Berkey” for four or five years, and it is a very reliable gravity-fed system. When shopping for filters, if they only offer “better taste” they won’t protect you from bacterial contaminants. Noah Water System’s travel companion will work great in case of a power outage, or your water supply becomes undrinkable. The Trekker is a portable water purificationn unit. With the Trekker you can get water from any river, lake, or pond. It’s small enough to carry like a briefcase. Cooking A person can survive indefinitely opening cold cans of beans for meals, but it wouldn’t be a very satisfying existence. In times of crisis, a hot meal goes a long way toward soothing the day’s troubles. The simplest way to heat a meal is the Boy Scout method: a couple of bricks or rocks set around a small outdoor fire, with the bean can propped over the flames. It’s low cost, and it works. However, the cook doesn’t have much control over the outcome. Outdoor cooking of all kinds, including grilling and barbecuing, all work during emergency situations, provided you have the charcoal or wood (and matches!) needed to get the heat going. These are familiar methods, too, so family members don’t have to make a huge leap to accept these foods. It’s difficult to cook much more than meats and a few firm vegetables over open heat like this, though. Also, never use these devices in a confined space, as they emit carbon monoxide. “Campfire” cooking can lend itself to some baking, if you also have a cast iron Dutch Oven—a large, heavy, cast iron covered pot. Place a well-kneaded pound of bread dough into a heavily-greased or oiled Dutch Oven and put the cover in position. Make a hole or pot-sized well in the ash near the fire, and line this with glowing coals. Put about an inch of ash over the coals, and place the Dutch Oven into this. Now, pile about an inch of hot ash around the oven and cover with glowing coals, then another layer of ash to keep the heat in. Uncover and check your bread in about 35 minutes, it should be done. Propane and butane camp stoves are so much like ordinary home stoves that there is no difference in the cooking results. Portable RV 2-burner propane stoves are often available used—mine cost $5 at a garage sale—and can even do pressure canning because the heat is consistent and reliable. A typical 18-gallon propane cylinder, the kind used for barbeques, costs around $30 new, and a propane fillup is about $7. This will last for nearly a month of daily use. You’ll also need a feeder hose and pressure regulator for the stove, which can be prepared by your propane dealer for $20 or so. Butane stoves are also portable and run off of a cylinder of the same kind of butane that is used in cigarette lighters. These stoves are $80-90 new, and cylinders are $5 and last for 8 hours of cooking. General camp stoves (around $65 at department stores) operate on “stove fuel” (basically, propane in a small 1-pound cylinder - $3). A cylinder lasts for around 8 hours of cooking. You can also find camp stoves that will cook off of unleaded gasoline, and there are some that are “multi-fuel,” using either kerosene or gasoline—handy in case of a shortage of one fuel or the other. Use outdoors or on a covered porch to prevent carbon monoxide buildup in your home. Solar cooking is another option, if you have plenty of unobstructed sunlight and someone who is willing to adjust the cooker to face the sun every half hour or so. A solar oven need be no more fancy than a set of nested cardboard boxes painted flat black on the inside with tempura colors, a sheet of window glass, and some aluminum foil glued to cardboard panels. Total cost for this, if you can scrounge leftover glass and cardboard, is about $1. A solar oven design made with cardboard boxes, aluminum foil, and a piece of window glass. Interior of the box is flat black paint. Place your food in a covered lightweight pan inside the box, prop it so the entire interior is exposed to the sunlight (about a 45-degree angle), cover with the sheet of glass (and tape the glass so it won’t slide), then prop the aluminum foil panels so that they reflect more sunlight down into the box. Move the box every 30 minutes so it maintains an even temperature. It will get hot fast, easily up to 325 degrees, and hold the heat as long as it faces the sun. Remember to use potholders when removing your foods! Our first solar oven had a black plastic trash bag as a heat-absorbing inner surface; it worked superbly until the plastic actually melted. Keeping foods cool if the power goes out can be as simple as looking for shade, even under a tree. Some Ozarkers have partially buried old broken freezers in the shade of backyard trees, storing grains and winter vegetables inside. During the winter, your parked car will stay at the same temperature as the outside air—below freezing on those cold nights—so you can store frozen goods there safely. During the daylight hours, the car interior will heat up, though, if it’s in the sun. Park it in the shade of the house, or cover the windows and roof with a blanket to keep the interior cool. Kerosene refrigerator/freezers are alternative appliances that will continue to function with the power off because they are “powered” by kerosene. Their cooling and freezing capacity is exactly the same as a regular refrigerator, and they come in the same colors. Typically, they are a little smaller than conventional ‘fridges and cost up to $1500, but they’ll last for decades with care. Portable battery-powered refrigerators that keep your foods 40-degrees cooler than outside temperatures are available at most department store sporting-goods sections ($90). These run off of both DC and AC power, so they can be plugged into your car battery through the cigarette lighter outlet or into a solar power system. What about that freezer full of expensive meat if the power goes off? First step is to cover the freezer with blankets to help retain the cold. Then, find dry ice (if everyone else in your town hasn’t already bought out the supply). Blanket coverings will keep a full freezer frozen for two days, and the addition of dry ice will prolong that to three or four days. If power stays off, it’s time to eat and time to can the meat remaining. Canning low-acid foods like meat calls for a pressure canner ($90), canning jars ($6 for 12), a source of consistent heat (like a propane RV stove), and some skill. In considering your time requirements, it took me two days of steady canning to put a 230-pound pig into jars. Each quart jar holds 3 pounds of meat. Heating and cooling It’s a funny thing that even though we know winter is coming, we put off cutting our wood until after the first really cold night has chilled the house below comfort levels. But with the instability in the world today, it is sensible, and reasonable, to prepare well in advance of season changes. Putting in supplies a year ahead of time is a traditional farm practice, and it gives a cushion of safety against uncertain conditions. Woodstove heating is more common, and comfortable to use, than it was two decades ago. New wood heaters run from $100 to several thousands, depending on materials, craftsmanship, and beauty. Better stoves hold heat longer and may have interior baffles that let you use less wood to produce more heat. Even so, the most basic metal-drum-turned-stove also works to heat a room or a house. Heating a 3-bedroom home that is moderately insulated will use about 8-12 cords of wood throughout the winter. The size of a cord (sometimes called a “rick” or a “rank”) is not standardized from region to region, but typically will be about 8' x 8' x 2', roughly a pickup truck bed loaded even with the top of the sides. Prices will vary between $65 per cord to $150, depending on the region and type of wood. Hardwoods, such as oak and walnut, and fruitwoods like apple and pear, burn better and longer than softwoods like poplar. Don’t use resinous woods, such as the pines, cedars, and spruces for the main heating—only as firestarters—because they burn too hot and fast and generate creosote. Better home insulation and better quality hardwoods will decrease the amount of wood you need to use. If you plan to secure and cut your own firewood, be willing to acquire a good-quality chainsaw—any that cost below $200 will only give you grief. Keep an extra chain on hand. Use safety precautions, too: wear ear and eye protectors, heavy gloves, and don’t chainsaw alone. Cutting your own wood will decrease your heating costs significantly, but increase your labor. It typically takes us a full week of constant work to put up a winter’s worth of wood. Woodstoves require heat-proof surfaces surrounding them, an insulated chimney pipe (about $90 per 3-foot section), and some building skills in order to install. Installation costs can equal or surpass the cost of the stove itself. Chimneys need to be thoroughly cleaned of the black crusty buildup, creosote, at least twice each year (and more often if you use the stove continuously). Propane heaters that don’t need venting to outdoors are a relatively new product. A plain one ($200) can be mounted on the wall in the home’s main room, or more fancy models that look like built-in fireplaces complete with fake logs ($450) are available. You will need a propane tank, regulator, and appropriate copper lines, but these will all be installed by your propane company for a small charge. Propane has varied widely in cost from year to year, but typically runs around $0.95 to $1.30 per gallon. Kerosene heaters ($120) are freestanding units that burn kerosene in a way that is something like a lamp—it uses a wick system and flames to provide heat. These are best used in areas that can be easily ventilated, because of the potential for buildup of carbon monoxide. Kerosene has a strong odor, as well. Kerosene costs about $1 per gallon or less (in quantity). Solar heat can be “grabbed” anytime the light from the sun hits your house. Even in the dead of winter, the south-facing walls will feel noticeably warmer than the shaded north-facing ones. You can “store” the sun’s heat in any surface. Ceramic floor tiles, for instance, are excellent at retaining heat. So will a flat-black painted covered plastic trash can filled with water. If these surfaces are exposed to sunlight, say, indoors next to a south-facing window, they will absorb heat during the day. At night, with the window curtains closed, the surface will release heat slowly and steadily into the house. One of the most efficient ways to heat is something else we have forgotten in the past 50 years—close off rooms that are not being used. If doors aren’t available, you can hang curtains in doorways (or even tack up a blanket, in a pinch), and keep your heat restricted to the room you are actually in. In an emergency situation, you can curtain up a room and set up a tent-like “den” for the family to snuggle in under blankets. Body heat alone will keep the den’s interior comfortable. A “shepherd” or “camp” stove offered by Cabela’s catalog. It has a detachable shelf on the right, detachable five-gallon hot water tank on the left, and an oven sitting above the stove body. The whole thing breaks down and is portable. It cooks very nicely, too. Costs about $500 for all components, excluding stove pipes, and it can be bought piecemeal. The light in the upper left-hand photo is a lit oil lamp, placed to give light when using the stove. Cooling a residence during a hot summer requires just as much thought and advance planning as winter heating does. Battery and solar-powered fans help keep air moving, windows can be shaded by fast-growing vines and pole beans, and—planning way ahead—fast-growing trees like poplars can be planted on the house’s south side to shade the yard. In areas where wind blows routinely in the summer, you can soak a sheet, ring it out, and hang it in front of a breezy window. The air passing through the window is cooled as it moves against the wet sheet, and helps to cool the house. Remember that heat rises, so make it easy for too-hot air to escape from the attic and upper floors by opening windows and vents. Communications In a time of distress, keeping in contact with family and knowing about local and national situations is important to maintaining both continuity and confidence. In general, telephone systems are on a different system than the electrical power grid, but they can be disrupted if there are earth movements or as the result of terrorist activities. During the Loma Prieta earthquake in 1989, we kept informed about the damages by watching a 4-inch black and white TV set (bought used for $25) that was plugged into our car battery through the cigarette lighter. At night, we heard reports from the BBC via a 4-AA battery powered shortwave radio ($70 from Radio Shack). I consider these two devices—shortwave and TV—the required minimum communication/ information devices during a crisis, especially if the phone system is down. Satellite internet hookups, using a battery-powered laptop, could be an excellent communication tool, both for accessing news and for staying in touch with friends and colleagues by email. Citizens Band (CB) radios are excellent tools, as well. These portable devices can be carried with you into the field and used to stay in contact with neighbors and family when you are away from the house. Basic models run $60—you’ll need at least two—and ones with greater ranges and features are more costly. They’ll run on 6 to 8 (or more) AA batteries. “Family Radios” are FM-band devices that have a short range, about ¼ mile ($60 for a pair). These are handy for keeping family in contact during outings, when traveling in a caravan, or when one member needs to go out to the barn during a storm. They run on 2 AA batteries. Keeping things normal Even though circumstances may change in the world, we can choose how we wish to react. We can live in a state of helpless anxiety—or control what we can. We can control our responses, in part, by maintaining as much normalcy in our lives as possible. If your family relaxes in the evenings with a video, plan to continue doing that. Acquire a battery-powered TV/VCR combination, and make sure you have enough power sources to keep that going for at least two weeks. (If things get dicey, you can wean off the system in two weeks.) A cassette player or CD player with external speakers can provide relaxation and entertainment, and they run off of AA batteries as well. Children have difficulty adjusting to sudden changes in their environment, so if you expect them to play board games if the power goes out, they should be comfortable with board games now. Keep routines consistent, arising at the usual time in the morning and going to bed as you have in the past. Prepare familiar meals with foods everyone enjoys. Have “fun foods” and goodies on hand. Remember to reach out to your neighbors and older folks who live nearby, and provide extras to help them, as well. Use the knowledge you’ve gained, and your experience with non-electric living, to make your neighborhood a more secure and adaptable place. Resources Aladdin Lamps: Lehman’s carries an excellent selection, plus many non-electric items. Lehman’s, P.O. Box 41, 4779 Kidron Rd., Kidron, OH 44636 www.lehmans.com, 330-857-1330 British Berkefeld water filters: Noah Water Systems, Inc., 46373 Galway Dr., Novi, MI 48374 www.noahwater.com, 877-356-6624 New Millennium Concepts, LTD., P.O. Box 201411, Arlington, TX 76006 www.bigberkey.com, 888-803-4438 Hand pumps: A websearch can find many manufacturers and sellers. Two are: Kansas Wind Power, 13569 214th Rd., Holton, KS 66436 www.kansaswindpower.net 785-364-4407 Ready Made Resources, 239 Cagle Rd., Tellico Plains, TN 37385 www.readymaderesources.com 800-627-3809 | | | | |
|  | [Oxygen and Cancer](https://www.abibitumi.com/community/health/oxygen-and-cancer/#post-23657) | 42 relevance | 12 years ago | Ọbádélé Kambon, PhD | Health |
|  | Oxygen and Cancer Pt 1 The information on this web site is provided for educational purposes only. Please see Disclaimer, Terms of Use, and Privacy Policy. "The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease." - Thomas Edison "...we routinely see the blood of patients change color as they improve in their health." - Dr. Donsbach, page 66. "We know about hydrogen peroxide, but, frankly speaking, we are a profit motivated company and there is no profit in hydrogen peroxide." - Major Drug Company, quoted in McCabe, page 56. Hydrogen peroxide is water with extra oxygen attached. The formula for water is H2O, and for hydrogen peroxide is H2O2. In the 1950's, Dr. Reginald Holeman gave cancerous mice hydrogen peroxide in their drinking water. In 60 days the tumors disappeared. - McCabe, page 11. In the 1980's, Winifred Wirth repeated Dr. Holeman's experiment twice with the same results. - McCabe, page 11. The response of a tumor to chemotherapy or radiation is directly related to the level of tumor hypoxia. More hypoxia corresponds with greater resistance to treatment as well as increased tendency to metastasize. Testing the level of tumor hypoxia prior to treatment allows dosage of drugs or radiation to be adjusted. Mice who receive hydrogen peroxide in their drinking water grow much larger and live twice as long. - McCabe, page 34. 3% H2O2 can be added to pets' drinking water at the rate of 1 ounce per quart of non-chlorinated water. - Dr. David Williams. "We know it is oxygen which does the work of normalizing the joints in arthritis." - Dr. Donsbach, page 37. Dr. Edward C. Rosenow, author of 450 published medical papers and an associate at the Mayo Clinic for over 60 years...proved over 80 years ago (1914) that bacteria could be found consistently in the lymph nodes that drain joints. He was probably the first scientist to postulate that H2O2 would help arthritis because of its ability to supply oxygen to oxygen-hating organisms causing arthritis (streptococcus viridans). - Dr. Douglass, page 6. Putrefactive bacteria that break down our body when we die thrive in the absence of oxygen. Viruses are "anaerobic" creatures which thrive in the absence of oxygen. - Dr. Kurt Donsbach Yeast, mold and fungus live in an anaerobic environment. Most strains of harmful bacteria (and cancer cells) are anaerobic and cannot survive in the presence of oxygen or H2O2. - Dr. David Williams Oxygen is FREE. Obtain all you can by ALWAYS using the full capacity of your lungs when you breathe. Slow, deep breathing. Hydrogen peroxide (H2O2) dissolves dental plaque, creates healthy gums, and whitens teeth. A combination of baking soda and hydrogen peroxide makes the best toothpaste. Add to your bath water one pint to one quart of 3% hydrogen peroxide. It invigorates, relieves pain, and stimulates your mind. It reduces stiffness and soreness like no other treatment. We give all our patients a whirlpool bath with the equivalent of one gallon of the 3% in it every other day. - Dr. Donsbach, page 43. "6 fluid ounces of the 35% food grade hydrogen peroxide is equivalent to 2 quarts of 3%..." - Dr. Donsbach, page 46. "Use 6 fluid ounces of the 35% food grade hydrogen peroxide in a bathtub full of rather warm water. Be sure that the area you have problems with is fully immersed and soak for 20 minutes or more. I have seen joints that are stiff and sore relieved in just a few baths. Skin problems also respond to this form of use, including rashes, eczema, psoriasis, athletes foot, etc." - Dr. Donsbach, page 46. " ...do not use more than 15 drops (of 35% H2O2) per enema bag of water." - Dr. Donsbach, page 47. (Editor's note: Healthy intestinal and vaginal bacteria are aerobic and will not be harmed by oxygen. In fact, they will appreciate it, whereas their anerobic competition will be destroyed.) An effective douche or enema solution can be made using 3 tablespoons of three percent H2O2 in one quart of distilled water. - Dr. David Williams "If you have a respiratory problem, use 12 ounces of the 3% hydrogen peroxide in one gallon of water in a cool mist vaporizer. It will be very beneficial in a wide variety of conditions such as emphysema, chronic obstructive pulmonary disease, bronchitis, pneumonia, etc." - Dr. Donsbach, page 49. Robert Stroud, the Birdman of Alcatraz, healed birds with hydrogen peroxide and sodium perborate. Sodium perborate in water creates hydrogen peroxide. - McCabe, page 11. Obesity is actually the biggest killer disease. Overweight people are twice as likely to contract a disease. Clean healthy bodies utilize food more efficiently and effectively. Highly oxygenated people require less food. - McCabe, page 87. When the body lacks sufficient oxygen, then the body adapts. Foods and wastes are incompletely oxidized and a chain reaction towards ill health begins. A few drops of 3% hydrogen peroxide in the ears may help remove ear infections. Jehovah's Witnesses who refuse blood transfusions have been saved by hyperbaric oxygen chambers. Their limited blood supply became saturated with oxygen and the hypoxia (lack of oxygen) was removed. 12 drops of 35% hydrogen peroxide in a quart of milk may be an alternative to pasteurization. "Ozone selectively inhibited the growth of human cancer cells." - Rao Sweet, et al, Science, 1980. "The FDA won’t spend a dime on ozone research, but they spent over $1 million intimidating, harassing, and persecuting me alone." - Dr. Jonathan Wright Researchers have found that, for some reason, the addition of copper to peroxide increases the lethality of peroxide on bacteria by 3,000-fold. - Dr. Douglass, page 63. There is a definite correlation between mental clarity and more oxygen in the blood. Hypoxemia or, as Olney called it, "blocked oxidation," followed by fermentation of sugar in cells, is the prime factor in malignant, viral, bacterial, and allergic diseases. - Dr. Douglass. Being able to increase arterial oxygen levels following a stroke can dramatically influence the degree of brain damage. - Dr. David Williams Alternatives November 2001. "My wife is quite faithful in tending her roses. She sprays them with a very dilute solution - 8 tablespoonfuls of 3% hydrogen peroxide in a gallon of water - and has the finest roses in the neighborhood. You should also spray the ground at the base of your plants. Spray the same solution on cut flowers and add a little to the water to make them last 50% longer." - Dr. Donsbach, page 49. The friendly aerobic bacteria in your garden soil will be killed by the chlorine in chlorinated water. It is better to water your garden with oxygenated water. President's Choice "Green" bleach sold by Loblaw's contains no chlorine. The active ingredient is hydrogen peroxide. The label describes the product as "color-safe, active oxygen bleach". Chlorination of drinking water removes oxygen. Cooking and over-processing of our foods lowers their oxygen content. - Dr. David Williams, Alternatives, June 1992. Dr. Johanna Budwig of Germany has shown that for proper cellular utilization of oxygen to take place, our diets must contain adequate amounts of unsaturated fatty acids. - Dr. David Williams, Alternatives, June 1992. (Use flax oil in your salad dressing to get the omega-3 essential fatty acids recommended by Dr. Johanna Budwig) Oxygen and Cancer pt. 2 The brighter red the color of your blood, the more oxygen it carries. The darker its color, the less oxygen it carries. Arterial blood is generally a brighter red because it has recently passed through the lungs. Venous blood is generally a darker red because it has passed through the capillaries where the oxygen is transferred from the blood to the tissues. "All normal cells have an absolute requirement for oxygen, but cancer cells can live without oxygen - a rule without exception." - Dr. Otto Warburg, quoted in Philpott, page 74. Deprive a cell 60% of its oxygen and it will turn cancerous. - McCabe, page 192. Deprive a cell 35% of its oxygen for 48 hours and it may become cancerous. - Dr. Otto Warburg. Read Dr. Warburg's papers in the Library: Lecture 1, Lecture 2. When the oxygen saturation of blood falls, conditions become ripe for the creation of cancer. Oxygen is removed from the arterial blood as it passes through the capillary system. If arterial blood is deficient in oxygen or if the blood flow is restricted by blocked arteries, then tissues oxygenated by the latter stages of the capillary system may be so deprived of oxygen as to become cancerous. The oxygen transport system from the lungs to the cells can be interrupted at numerous points, and so there are many opportunities to deny oxygen to cells. Also, there are many ways that cells and their mitochondria can be directly damaged, thereby reducing the cells' ability to utilize the oxygen that is available. Normal Metabolism vs. Cancer Metabolism "The fuel on which the body's cells run is called adenosine triphosphate (ATP). ATP must be created by all cells, including cancer cells, for energy. The biochemical process in which ATP is created is called oxidation phosphorylation and is oxygen-dependent. Healthy cells require the conditions of alkalinity and high molecular oxygen (O2) to produce ATP and function properly. In contrast, non-oxygen-respiratory organisms - like cancer cells - make ATP by fermentation phosphorylation, which requires the conditions of acidity and low oxygen to function, and actually produces additional acids." - Philpott, page 75. Cellular Respiration The human body's main fuel is a simple sugar called glucose. Glucose comes from the plants we eat. Through photosynthesis, plants use light energy to produce glucose and oxygen from carbon dioxide and water. Carbon dioxide + water + energy --> glucose + oxygen 6CO2 + 6H2O + energy --> C6H12O6 + 6O2 Plants then use the glucose to create cellulose and complex carbohydrates. When we eat the plants, the complex carbohydrates are broken down by our digestive system into glucose. Then this food energy is converted to chemical energy by a series of reactions known as cellular respiration. Aerobic respiration uses oxygen. Glucose + oxygen --> carbon dioxide + water + energy This reaction occurs in mitochondria in cells. Aerobic respiration extracts the maximum amount of energy from glucose, because the molecule is completely broken down. When the supply of oxygen is insufficient, there is a back-up system known as anaerobic respiration, that can release energy without oxygen. Glucose --> lactic acid + energy This reaction occurs in the cytoplasm of the cell. It does not put any extra pressure on the respiratory or circulatory systems, because it does not produce carbon dioxide, but it can cause muscle stiffness after exercise. Cancer cells have either wholly or partially switched to anaerobic respiration. Enzymatic decomposition of glucose in the absence of oxygen is also known as "fermentation", though in humans the end result is the production of lactic acid, not alcohol, because we lack the enzymes to produce alcohol. "The ideal task of cancer therapy is to restore the function of the oxidizing systems in the entire organism." - Dr. Max Gerson, page 7. Aerobic cellular respiration creates as many as 36 ATP molecules from each glucose molecule, and anaerobic respiration creates only 2 ATP molecules. Anaerobic respiration releases one eighteenth of the available energy. Cancer cells must feel very tired! For more information regarding cellular respiration, see Hydrazine Sulphate and cancer and oxygen. Also, you can do a search of the Internet for subjects such as cellular respiration, cellular biology and ATP, fermentation, lactic acid fermentation, cellular metabolism and fermentation, adenosine triphosphate, healthy mitochondria, Dr. Otto Warburg, etc. Causes of Cellular Damage There are many things that can damage a cell and its mitochondria. These include oxygen deprivation, nutritional imbalances, physical trauma, toxic chemicals, allergic reactions, radiation, infections, parasites, and more. If the injury harms the mitochondria, thereby interfering with the production of ATP, then this can cause significant damage to the cell because ATP is needed for important cellular processes such as membrane transport, lipogenesis and protein synthesis. With damaged mitochondria, for its very survival the cell has no choice but to revert to the more primitive system of anaerobic respiration that is characteristic of cancer cells. Sometimes the damage is reversible, in which case the cell can be healed. Sometimes the damage is irreversible, and a way must be found to destroy the cell. Also, the causes of harm to the cells must be removed to prevent repeated damage or damage to additional cells. For more information, do an Internet search for mitochondrial damage, tissue injury, etc. \*\*\* Nutrients for Healthy Mitochondria Oxygen is necessary for cellular respiration and energy production, but it must be carefully handled within the cell or the mitochondria will be damaged. Five nutrients necessary to restore and maintain healthy mitochondria are: L-carnitine - for the proper oxidation of fats within cells Coenzyme Q10 - is necessary for the synthesis of ATP, and prevents free radical damage within the cell Alpha lipoic acid - helps regenerate vitamins E and C after they are oxidized Vitamin E - protects cell membranes from free radical damage. Non-Synthetic Vitamin E Vitamin C - inhibits the oxidation of cholesterol and supports production of the antioxidant glutathione. Dr. Stephen Sinatra frequently writes about these nutrients in his newsletter. These nutrients should be available in your local health food store. His website is www.DrSinatra.com. \*\*\* Vitamin C is needed for the synthesis of carnitine, which is required for long-chain fatty acids to enter mitochondria where they are used for energy production. - Annals of Internal Medicine 114:909-910, 1991. Most cancer patients are deficient in vitamin C. The conversion of vitamin C into carnitine takes place in the liver. If you have cancer, your liver is probably not functioning properly. There are things you can do to restore liver health. Read more about healthy mitochondria. \*\*\* Cellular Metabolism is Controlled by Thyroid Hormones The rate of cellular metabolism and energy production is regulated by thyroid hormones. These hormones are deficient in many people because their body has insufficient iodine to produce them. The result is fatigue, depression, overweight, dry skin, cold hands or feet, hair loss, brittle nails, puffy eyes, constipation, brain damage and a lower IQ. There is a simple way to correct iodine deficiency that you can read about here. However, even if you have enough iodine, you may still have insufficient thyroid hormones due to the presence of iodine blockers in your diet. Chlorine and fluoride are iodine blockers commonly added to municipal drinking water. These chemicals compete with the uptake of iodine and slow the production of essential thyroid hormones. Certain foods have the same effect, such as soy products that can interfere with the absorption and assimilation of iodine. For healthy cellular metabolism, you need a healthy thyroid gland producing abundant thyroid hormones. Also, a diet high in nucleotides will increase cellular metabolism and the production of energy. Essential fatty acids (omega-3 and omega-6 in equal quantities) increase oxidation, energy levels, and stamina. There are other suggestions in our discussion of physical exercise. Oxygen vs. Cancer "I have been so impressed with the results of the use of hydrogen peroxide that every cancer patient receives infusions of the 35% food grade hydrogen peroxide / DMSO mixture throughout their entire stay...it should be apparent where I rank hydrogen peroxide, since this is the only substance I use in EVERY cancer patient." - Dr. Donsbach, pages 39-40. We have now administered over 30,000 infusions of hydrogen peroxide without a problem. - Dr. Donsbach, page 32. "Tumor cells, bacteria, and other unwanted foreign elements in the blood can usually be destroyed with hydrogen peroxide treatment. Peroxide has a definite destructive effect on tumors, and, in fact, cancer therapy may prove to be the most dramatic and useful place for peroxide therapy." - Dr. Douglass, page 4. "The Baylor team reasoned that if they put oxygen into the tumor mass by injecting H2O2 into the tumor, the tumor would be much more receptive to X-ray destruction. They studied a total of 190 patients using hydrogen peroxide infused into the artery leading to the tumorous cancer. The experiment took six years. Their results were astounding." - Dr. Douglass, pages 30-31. "Peroxide may be the greatest breakthrough we've ever had for brain tumors. Surgery destroys brain tissue, and chemotherapy for brain neoplasms is just plain quackery." - Dr. Douglass, page 63. "Both therapies (hydrogen peroxide and photoluminescence) should be given for maximum results in treating cancer." - Dr. Douglass, page 80. Hydrogen peroxide is water with extra oxygen attached. The formula for water is H2O, and for hydrogen peroxide is H2O2. Another name for hydrogen peroxide would be hydrogen dioxide. Lack of oxygen and high levels of acidity go together. One reason for this: "In the electron transport scheme during oxidative metabolism, electrons are transferred along a set of electron acceptors, ending up, ultimately with the combination of hydrogen and oxygen to form water. However, when there is an oxygen deficiency, the loss of electrons can result in the accumulation of positive hydrogen ions, which lead to blood acidification." - Sandra Goodman, PhD, Germanium - The Health and Life Enhancer, Chapter 4. You can read her book on the Internet here: People with various degenerative diseases are sometimes found to have low venous oxygen saturation. With proper care, the venous oxygen saturation level rises and their health & vitality improve dramatically. Arterial oxygen saturation should be very high. "High O2 tensions were lethal to cancer tissue, 95% being very toxic, whereas in general, normal tissue were not harmed by high oxygen tensions. Indeed, some tissues were found to require high O2 tensions...", J.B. Kizer, quoted in McCabe, page 82. An "Oximeter" device to measure your blood oxygen level is available from www.rgarden.com for $380. Daily Humming is Good For You During humming, the gas exchange between the nasal passages and the sinuses is 98 percent, almost a complete exchange. During normal exhalation, without humming, the gas exchange rate is only 4 percent. Poor gas exchange and poor circulation in the sinus cavities create a good environment for bacterial growth. Researchers suggest that daily humming could help reduce the incidence of sinusitis and upper respiratory infections. Also, sinuses are major producers of nitric oxide, which helps dilate capillaries and increase blood flow. When nitric oxide levels are measured during humming, researchers find that they are 15 times higher than during normal breathing. - Am J Respir Crit Care Med 02;166(2):131-2 Increasing the oxygen saturation of the blood and tissues can be approached from a number of different directions simultaneously: 1. Fresh air. Increase the amount of oxygen in the air you breathe by allowing fresh air into every room of your home, office and transportation. Open the windows. Install a Heat Recovery Ventilation System (HRVS) or Energy Recovery Ventilation System. By connecting the HRVS into your furnace ducts, you can provide temperature moderated fresh air to the entire home economically in every season. 2. Breathe deeply. Improper breathing causes oxygen deficiency. Use the full capacity of your lungs by expanding both the chest and lower abdomen. Pause for a few seconds between each inhalation and exhalation. Practice deep breathing for a few minutes every day. If you feel depressed, try breathing more deeply (Other suggestions for fighting depression may be found on our Sunlight page.). Learn Pranayama (comfortable breathing exercise) and practice for a few minutes before meditating. 3. Aerobic exercise increases the capacity of the heart to pump blood and increases the capacity of the lungs. 4. Eat smaller nutrient-dense meals (no empty-calorie junk food). Overeating causes oxygen deficiency. Do you feel tired after a big meal? Vitamin F increases the oxygen carrying capacity of the hemoglobin (red blood cells). Eat fresh foods and avoid decomposing (rotten) foods. Eat an alkaline diet and create an alkaline condition in the body. 5. Follow Dr. Dean Ornish's 4 step program to clean out your arteries (low fat vegetarian diet, exercise, non-smoking, meditation). Clean arteries will maximize the amount of oxygen-rich blood reaching the tissues. 6. Antioxidants help the body use oxygen more efficiently. Antioxidants include MAK, Alkaline Water, Microhydrin, Raja's Cup coffee substitute, Superoxide Dismutase (SOD) which is found in the greenest plants, co-enzyme Q10, organic germanium (a trace mineral), thioctic acid, taheebo/pau d'arco, vitamin C, Non-Synthetic Vitamin E, vitamin A, retin-A (a form of vitamin A), ginseng. Wheat germ is a good source of vitamin E. Oxy-Powder contains organic germanium as one of its ingredients. 7. Avoid carbon monoxide (vehicle exhaust, fumes from gas stoves & heaters) that reduces the oxygen carrying capacity of the blood. Fluoride also interferes with oxygen uptake (Donsbach, page 30). Alcohol and drugs rob the body of oxygen because the body must oxidize these substances during the process of their removal (McCabe, pages 86-87). 8. Consume supplementary oxygen from other sources such as oxygenated drinking water, fresh foods and juices, magnesium oxide, magnesium dioxide, magnesium peroxide, magnesium hydroxide ("milk of magnesia"). "We also know that when H2O2 is taken into the body (orally or intravenously) the oxygen content of the blood and body tissues increases dramatically." - Dr. David Williams. 9. Bathe in oxygenated water. Add one pint to one quart of 3% hydrogen peroxide to your bath water and soak in it. Be sure your bath water is free of chlorine (chlorine causes cancer). You can remove the chlorine by putting a filter on the shower head and fill the tub via the shower. 10. Practice EWOT therapy. Exercise With Oxygen Therapy (EWOT) is doing light exercise, such as on a treadmill or stationary bicycle, while breathing pure oxygen. EWOT produces the benefits of intravenous hydrogen peroxide therapy and you can do it at home. Set the O2 flow at 6 liters per minute, hook the little tube to your nose, and exercise at a moderate pace for 15 minutes while breathing pure oxygen. As part of your cancer prevention and health maintenance program, you can do this once a month. If you are ill with any disease, do EWOT more frequently. In particular, do EWOT after operations, chemotherapy, radiation treatment, x-rays, and burns. - Dr. William Campbell Douglass. Bottled oxygen is generally a prescription item. However, you can purchase for home use an "oxygen concentrator" such as is used in "oxygen bars". Do an Internet search for suppliers of this device. 11. Practice hyperthermia. Hyperthermia increases circulation and removes toxins from the body via excessive sweating. One way carcinogens cause cancer is by attaching to cell membranes, thereby suffocating the cell even when adequate oxygen is otherwise available. 12. Intravenous hydrogen peroxide is inexpensive, safe and easy for a physician to administer (Altman, page 2). Also, with the help of a physician, you might try UBI (ultraviolet blood irradiation) therapy, which can produce a 50% increase in venous oxygenation within 10 minutes. This oxygenation is in the blood plasma, as there is no change in the number of red cells. - Dr. William Campbell Douglass (See Dr. Douglass's books in the recommended reading list below). Using Diluted 35% Food Grade Hydrogen Peroxide Internally Mix a few drops of 35% H2O2 into a glass of water. Take on an empty stomach (the oxygen will react with the food in the stomach), one hour before a meal or at least 3 hours after a meal. Start with one drop of hydrogen peroxide 3 times per day. On the second day, increase to two drops 3 times per day. On the third day, increase to three drops three times per day. Increase in this manner each day until you reach 25 drops 3 times per day or the limit of your comfort. If your stomach gets upset at any level, go back one level. Hydrogen peroxide has an obnoxious taste and few people reach 25 drops. When free of your health complaints, taper off by reducing your daily dosage. A good maintenance dose is a total of 1 - 2 drops per day. - Dr. Donsbach, pages 44-45. Editor's note: With hydrogen peroxide, more is not necessarily better. Moderation is the key. \*\*\* Using Magnesium Peroxide Internally For oral ingestion, however, I now believe the product of choice to be magnesium peroxide, and it may have even more to offer. The oxygen content is more stable than that in hydrogen peroxide and when it is chemically reduced, it leaves a very beneficial mineral, magnesium, as oxygen is released. Comparison % Oxygen Waste Product Taste Stability H2O2 94% Water Metallic Fair MgO2 57% Magnesium Pleasant Good I choose to use hydrogen peroxide for infusion purposes and external use and a combination of hydrogen peroxide and magnesium peroxide for oral ingestion. - Dr. Donsbach, pages 3-8. Editor's note: For more information, do an Internet search for hydrogen peroxide and magnesium peroxide(MgO2). You also might want to consider magnesium hydroxide Mg(OH)2 commonly known as "milk of magnesia". Magnesium hydroxide is made by adding magnesium oxides to water. Evaporating the water reverses the process with the result being the white powder of magnesium oxides, suggesting that milk of magnesia might be an economical and readily available source of the magnesium peroxide that Dr. Donsbach recommends. There is also an excellent product called "Oxy-Powder" that you might want to read about. magnesium oxide(s) + water --> magnesium hydroxide magnesium hydroxide --> magnesium oxide(s) + water \*\*\* Individuals who have had transplants should not undertake an H2O2 program. H2O2 stimulates the immune system and could possibly cause a rejection of the organ. - Dr. David Williams. \*\*\* You should also be aware that there are now numerous hydrogen peroxide products on the market. Some are simply peroxide that has been flavored and mixed with sea minerals, aloe vera, inner tree bark or other ingredients to make the peroxide more palatable (Superoxy, Oxy Toddy, etc.) Other claim to have developed products that deliver more oxygen than does simple hydrogen peroxide (Aerox, Anti-Oxid-10, Di-Oxychloride, Aerobic 07, Aqua Pure, etc.). Basically you'll end up paying a small fortune and at best achieving the same results you can get for pennies by using hydrogen peroxide. - Dr. David Williams. Oxygen vs. Disease Hydrogen peroxide "has a stimulatory and regulatory effect on the immune system and may either directly or indirectly kill viruses, bacteria, parasites, yeast, fungi, and a variety of other harmful organisms. Our studies demonstrate a positive metabolic effect of an intravenous infusion of hydrogen peroxide." - Charles H. Farr, M.D., PhD. in Altman, page XI. "Peroxide is certainly a universal agent which can almost always be tried for an illness, often with great success." - Dr. Douglass, page 154. "The use of (intravenous) hydrogen peroxide was reported in 1920 during the influenza epidemic. Although excellent response was noted, there was no follow-up...I started primarily because I felt this was the perfect answer for Systemic Candidiasis, a condition which has resisted the best drugs and diets ever devised...All viruses are inhibited by a high oxygen environment." - Dr. Donsbach, pages 31, 42. "We're just beginning to learn exactly how H2O2 works. It has been reported to work as far back as 1920. The English medical journal Lancet then reported that intravenous infusion was used successfully to treat pneumonia in the epidemic following World War I. In the 1940's, Father Richard Willhelm, the pioneer in promoting peroxide use, reported on the compound being used extensively to treat everything from bacterial-related mental illness, to skin disease and polio. [Father Willhelm is the founder of "Educational Concern for Hydrogen Peroxide" (ECHO), an non-profit organization dedicated to educating the public on the safe use and therapeutic benefits of hydrogen peroxide.]" - Dr. David Williams. "Oxygen will destroy malaria." - McCabe, page 18. In 1920, intravenous hydrogen peroxide cut the death rate from pneumonia in half. - McCabe, page 41. Intravenous hydrogen peroxide is helpful with pulmonary disease, gangrene, arterioslerosis, aids, flu, asthma. - McCabe, page 44-46. "One ounce of 35% hydrogen peroxide (per gallon of water) in a vaporizer every night in an emphysemic's bedroom, and they will breathe freer than they have breathed in years! I do this for my lung cancer patients." - Donsbach quoted in McCabe, page 59. (While most conditions respond remarkably to oral ingestion, emphysema is one condition in which intravenous infusion can be a godsend. - Dr. David Williams, Alternatives, June 1992.) Contact International Bio-Oxidative Medicine Foundation to find a doctor in your area who can provide this procedure. "Put four ounces of 35% peroxide in a gallon of water. Run a cold humidifier in your bedroom all night with this mixture." - Dr. Douglass, page 64. Gargle with 3% hydrogen peroxide for a sore throat. - McCabe, page 55. "For mouth freshness in the morning, rinse with three percent hydrogen peroxide." - Dr. Douglass, page 58. For many uses, the hydrogen peroxide is diluted to 1 1/2% or even 3/4% or less. - McCabe, page 57. Hydrogen peroxide nasal mist cleans pockets of infection from the sinuses. "Take the drugstore variety, which is three percent; dilute it 50 percent with water and put five to ten drops in each nostril - sniff it up vigorously (it will burn a little). Do this twice daily and see if it helps. If it doesn't, then your problem is not your sinuses." - Dr. Douglass, page 61. 3% H2O2 can be used full strength as a foot bath for athlete's foot. Diabetics have found relief from circulation problems by soaking their feet in 1 pint of 3% peroxide mixed with 1 gallon of warm, non-chlorinated water for 30 minutes nightly. - Dr. David Williams. Hydrogen peroxide has been used in the treatment of heart and blood vessel diseases (including arrhythmias, stoppage, heart disease, stroke and memory loss, angina, gangrene, inflammation, vascular and cluster headaches), pulmonary diseases (asthma, bronchitis, emphysema, pneumonia), infectious diseases (acute and chronic viral infections, bacterial infections, chronic fatigue syndrome, herpes, shingles, influenza, parasitic infections, candida), immune disorders (adult onset diabetes, multiple sclerosis, arthritis, hypersensitivity reactions), and other diseases (Alzheimer's, cancers, chronic pain, migraine headaches, Parkinson's disease). - Altman, page 18 - 19. Editor's note: Some cancers may be caused by infections, including fungal infection. Oxygen is a treatment for fungal infection. The following is only a partial listing of conditions in which H2O2 therapy has been used successfully (Dr. David Williams, Alternatives, June 1992):Allergies Altitude Sickness Alzheimer's Anemia Arrhythmia Asthma Bacterial Infections Bronchitis Cancer Candida Cardiovascular Disease Cerebral Vascular Disease Chronic Pain Diabetes Type II Diabetic Gangrene Diabetic Retinopathy Digestion Problems Epstein-Barr Infection Emphysema Food Allergies Fungal Infections Gingivitis Headaches Herpes Simplex Herpes Zoster HIV Infection Influenza Insect Bites Liver Cirrhosis Lupus Erythematosis Multiple Sclerosis Parasitic Infections Parkinsonism Periodontal Disease Prostatitis Rheumatoid Arthritis Shingles Sinusitis Sore Throat Ulcers Viral Infections Warts Yeast Infections Complementary nutrients to take with hydrogen peroxide and help increase oxygenation in the body include coenzyme Q10, organic germanium, niacin, vitamin E, flax oil, lecithin and acidophilus. High levels of hydrogen peroxide are found naturally in breast milk and colostrum. One of its main functions is to activate and stimulate the immune system. Dr. Charles Farr has shown that hydrogen peroxide stimulates enzyme systems throughout the body. (Proceedings of the International Conference on Bio-Oxidative Medicine 1989, 1990, 1991.) Vitamin C helps fight infections by producing hydrogen peroxide. Lactobacilli found in the colon and vagina produce hydrogen peroxide. This destroys harmful bacteria and viruses, preventing colon disease, vaginitis, bladder infections and a host of other common ailments. (Infect Dis News Aug.8, 91:5.) "Hydrogen peroxide is one of the few simple miracle substances still available to the public. Its safety and multiple uses ranks it right up there with DMSO. If you've never used either of these compounds you're overlooking two of the most powerful healing tools ever discovered." - Dr. David Williams. The 3% hydrogen peroxide (H2O2) available in grocery stores and drug stores contains stabilizers (such as phenol, acetanilide, sodium stanate and Tetrasodium phosphate). This hydrogen peroxide is for external use only, not for internal consumption. It is OK for brushing the teeth, gargling and as a mouth wash, providing you rinse your mouth after. The 35% food grade hydrogen peroxide is for internal consumption and can be diluted for intravenous application. Other grades of hydrogen peroxide include 6% used by beauticians and contains bleach, 30-32% electronic grade used for washing electronic parts, 35% technical grade which contains a small amount of phosphorous, and 90% used as a source of oxygen in rocket fuel. Hydrogen Peroxide and Ozone in Nature The earth's atmosphere is surrounded by the "ozone layer". Ozone (O3) is created when radiation from outer space interacts with oxygen in the atmosphere. O3 is heavier than O2 and tends to fall toward the earth. As it enters lower levels of the atmosphere it encounters water vapor and forms hydrogen peroxide (H2O2). Rain water contains a small percentage of hydrogen peroxide and this acts as a natural disinfectant in rivers and lakes. All living things are adapted to take in a small quantity of hydrogen peroxide in their diet, and even produce hydrogen peroxide as part of their immune functioning. However, it requires energy for the body to create hydrogen peroxide and so a sick person may be deficient. Hydrogen peroxide in water is very stable and as the rain water flows into the ocean the hydrogen peroxide ends up in the ocean. As water evaporates, hydrogen peroxide evaporates and will survive steam distillation. In this manner, hydrogen peroxide travels around the natural hydrological cycle, acting as a natural disinfectant in the ecosphere. However, with increased pollution, the levels of oxygen and hydrogen peroxide in the air and rainwater are decreasing. Clean Drinking Water 30 parts per million is the concentration of hydrogen peroxide used to sanitize drinking water. Peroxide application is best accomplished by a metering device that keeps the application constant and thorough. - Dr. Donsbach, pages 53- 54. Hydrogen peroxide and ultraviolet light are a simple and effective combination for drinking water sanitation. A combination of ozone and ultraviolet light is also effective, though more complex. As an added benefit, these methods of purifying drinking water will kill parasites such as cryptosporidium that are not destroyed by chlorine. Some cities in Europe have been purifying their drinking water with ozone since 1901. "Ultraviolet light has been used in disinfection for many years and is, in fact, still used for that purpose. Any contaminated object, whether it be surgical instruments, bedding, room air, the human skin, or bodily fluids such as blood, can be cleansed rapidly of viruses and bacteria." Dr. William Campbell Douglass, page 11. The use of ultraviolet light to disinfect air could be used to good advantage in day care centers, school classrooms, hospice dormatories and other situations where people are sharing the same air. The spread of antibiotic resistant respiratory infections such as tuberculosis could be reduced by this technology. \*\*\* Dr. Douglass notes that UV light can disinfect air. This technology could easily purify air recirculating in airline cabins, helping to prevent the rapid global spread of airborne infections. The present situation is highly irresponsible. According to Dr. David Williams, airlines are "traveling disease factories". A survey found up to 41% of the passengers carrying some kind of respiratory infection and some people were found to be traveling with temperatures of 100 degrees F or more. "Airlines are the perfect incubators for the replication and spread of pathogens", writes Dr. Williams, due to the constant recycling of air in the passenger cabin. "It's easy to see how one passenger with a respiratory infection could infect an entire planeload of passengers." "Crashes and terrorists continue to frighten many people away from flying, but the hidden health risks associated with air travel should be more of a concern." - Dr. David Williams Swimming Pools "The therapeutic pool at Hospital Santa Monica uses only hydrogen peroxide as a purifying agent. Our office has been inundated with calls from homeowners who want to use hydrogen peroxide in their swimming pools. It seems that many are now tired of the chlorine which is a known health hazard. The average pool will require about eight gallons to begin with, then adding from one-half to one gallon per week to maintain a 30 parts per million concentration. This can easily be measured by using test strips available from... Lab Safety Supply PO Box 1368 Janesville, WI 53437 (800) 356-0783 www.labsafety.com Item #57790 Peroxide Strips 0 - 100 ppm 50 test strips for $12.95 + S & H You will have sparkling clear water, there will be no growth on the sides of the pool and, more important, you will not have red eyes from the irritation of the heavy amounts of chlorine in the pool water nor will your body be absorbing this dangerous chemical when you swim in it. NOTE: It has been estimated that full body contact for twenty minutes with chlorine-saturated water will allow absorption equivalent to drinking two quarts of the same water." - Dr. Donsbach, pages 48-49. You can find other suppliers of peroxide test strips by doing an internet search for "peroxide strips ppm". Farm Use Adding 30 ppm hydrogen peroxide to drinking water on farms causes: - chickens do not get avian flu - egg production goes up - chickens taste better - soaking decontaminates salmonella from broiler carcasses - turkeys weigh more on less feed - turkeys have lower mortality rate - hog meat is more lean and higher grade - reduce or eliminate need for antibiotics - increased milk production and butterfat content, decreased bacteria count - less mastitis - foliar spray for crops Other uses on farms (at varying concentrations): - udder wash - pipeline, milk can, & bulk tank rinse - converts crop residues into animal feed (soak crop residue in 1% solution for 16 hours to break down fiber so it can be assimilated) - power wash for barns, spray on floors & walls and leave until foaming subsides, then rinse - disinfect water on fish farms - reduced fungal growth on fish - fish packed in ice made from oxygenated water are better preserved - produce sprayed with oxygenated water lasts longer Hydrogen peroxide is just water and oxygen. It is harmless and will not show up on a chemical residue test. The same 30 ppm is used for all farm animals and results in increased oxygen levels in the blood and cells. - Dr. Donsbach, page 66. \*\*\* Increase crop yields by spraying them with diluted hydrogen peroxide. Use 5 to 16 ounces of 35% mixed with 20 gallons of water per acre. For houseplants use one ounce of 3% per quart of water or 16 drops of 35% solution per quart of water. - Dr. David Williams Caution For bulk application in swimming pools, drinking water and farm usage, 35% food grade hydrogen peroxide is available from chemical suppliers in 30 gallon drums or larger drums. If mistaken for water and swallowed, the 35% hydrogen peroxide can cause intense vomiting. If the vomit is inhaled into the lungs, death can result. Keep out of the eyes. It can cause blindness! Contact of 35% hydrogen peroxide with the skin can cause the skin to whiten and sting. Flush immediately with water to dilute and remove the hydrogen peroxide. - Dr. Donsbach, page 50- 51. "Recent advances in ozone manufacture and technology have created a great interest on my part in using humidified ozone by rectal insufflation. The methodology allows repeated treatment during the day without invasive procedures such as required to give an intravenous infusion. - Dr. Donsbach, page 66. It is essential that ozone generators do not produce electrical arcing, which creates nitrogen oxides that are highly toxic. - McCabe, page 92. "There are over 6,100 articles in the scientific literature dating from 1920 on the scientific applications of hydrogen peroxide. It seems inconceivable that the astounding medical cures reported in science journals over the past 75 years could have been ignored." - Dr. Douglass, page 19. "Unlike expensive pharmaceuticals, surgery, and other advanced medical modalities, these simple therapies are not going to fill the pockets of physicians, drug companies, and hospitals. Since those interests - primarily through professional, trade, and political action organizations - influence the direction of health care policy in this country, future research in bio-oxidative therapies will probably not be initiated by them. The future of alternative therapies like ozone and hydrogen peroxide is in the hands of the health-care consumer." - Altman, page 9. Fermentation and Cancer The ideal task of cancer therapy is to restore the function of the oxidizing systems in the entire organism. This, of course, is difficult to accomplish. It involves the following: 1) detoxification of the whole body, 2) providing the essential mineral contents of the potassium group, 3) adding oxidizing enzymes continuously as long as they are not reactivated and built in the body...This will create a near normal condition of the oxidizing system in the body, to which malignant cells with the fermentation system cannot adapt. - Dr. Max Gerson, page 7. \*\*\* Gaston Naessens invented an incredible microscope that allows living tissue to be seen at much higher levels of magnification (30,000X, compared to 1,800X with a classical microscope). His microscope uses light with a very short wavelength to illuminate the object, and then this light is converted to frequencies visible to the human eye. Hidden within the blood plasma he found tiny bodies he named "somatids". These somatids are observed to change from one form to another in a regular cycle. In a healthy person the somatids have a three stage cycle. In an unhealthy person the somatids have a 16 stage cycle. The critical impetus between stages three and four that starts the unhealthy cycle is fermentation. This fermentation is the result of sub-cellular trauma that can be produced in many ways including exposure to chemical pollution, radiation, accidents, shocks, depressed psychological states, etc. The 13 unhealthy somatid stages include forms identical to bacteria, yeast (fungus), and fibrous material (what tumors are made of). Bacteria can come from the outside or be internally generated and are not necessarily the cause of disease. Rather the bacteria are the result of disease, and the disease actually exists on a more subtle level, on the level of the somatids and the biological imbalance that permits the unhealthy forms of somatids to thrive. By studying the blood of healthy people and people with various diseases, Naessens found that he could predict diseases the healthy people were going to get based on the condition of their somatids. In traumatized animals, the somatids become highly active and begin to destroy the bodies of their hosts. Naessens has become famous for treating diseases by monitoring the somatids to determine the effectiveness of the treatment. He has successfully treated many thousands of cases of cancer, aids and other diseases. Somatids are fundamentally electrical in nature. Their nuclei is positively charged and the membrane coating their exterior is negatively charged. "Somatids are actually tiny living condensers of energy, the smallest ever found." \*\*\* Dr. Robert Beck, the inventor of several electro-medicine devices, tells how people using his devices visited a medical practitioner using the dark-field microscope invented by Gaston Naessens. The blood samples taken from the electro-medicine treated individuals were perfect. Furthermore, the blood cells were virtually immortal. When the microscope slides were sealed around the edges with vaseline so that the blood could not dry, the cells remained alive and healthy for many weeks. Ordinary red blood cells begin to decompose within four hours. \*\*\* The optical microscope developed by Royal Raymond Rife in the 1920s and 1930s also magnified living tissue about 30,000X. With his microscope, Rife was able to directly observe tiny organisms much smaller than bacteria that he isolated from cancer tumors, and the effect of various frequencies of electromagnetism (light) on these organisms. In this manner he was able to find a frequency that killed them. Using only light, he was able to cure cancer and many other diseases. Cancer patients were exposed to light of a certain frequency for three minutes every three days. After three months, fourteen of sixteen terminal cancer patients were fully recovered. Other diseases that could be cured by this method included tuberculosis, typhoid, leprosy, and hoof-and-mouth disease. The tiny cancer-causing organisms could be isolated from tumors, cultured, injected into healthy animals where new tumors would form, and then be isolated once again from the new tumors. When placed onto plant tissue, it developed into fungus. Under certain circumstances, the cancer-causing organisms would transform themselves into bacillus coli, a common intestinal bacteria. The ability of an organism to change from one shape or size to another is called pleomorphism. \*\*\* In the 1950s, Dr. Florence B. Seibert, Professor Emeritus of Biochemistry, University of Pennsylvania was able to isolate pleomorphic bacteria from cancer tumors, and also from blood samples from patients with varying types of leukemia. "One must always consider that most malignancies are accompanied by an immuno-deficiency...Therefore, we could be dealing with a microbe that finds such a host merely a suitable environment for habitation." - Dr. Lida H. Mattman "It was the chemical constituents and chemical radicals of an organism which enacted upon the unbalanced cell metabolism of the human body to produce disease...We have in many instances produced all the symptoms of a disease chemically in experimental animals without the inoculation of any virus or bacteria into their tissues." - Royal Raymond Rife. \*\*\* Candidiasis is caused by an overgrowth of a yeast-turned-fungus, and Chronic Fatigue Syndrome is associated with a virus (Epstein Barr Virus)...The fact is both Candidiasis and Chronic Fatigue Syndrome are very responsive to the use of hydrogen peroxide and thousands of individuals have had fantastic results using it. I have been so impressed with the results of the use of hydrogen peroxide that every cancer patient receives infusions of the 35% food grade hydrogen peroxide / DMSO mixture throughout their entire stay...it should be apparent where I rank hydrogen peroxide, since this is the only substance I use in EVERY cancer patient." - Dr. Donsbach, pages 7, 39-40. "Remember, where cells get enough oxygen, cancer will not, cannot occur." Dr. Otto Warburg, 1966 Recommended reading: Do a search of the Internet for hydrogen peroxide. There is a lot of information available. Altman, Nathaniel, Oxygen Healing Therapies, Healing Arts Press, Rochester, Vermont 1998. Bird, Christopher, The Galileo of the Microscope - The life and trials of Gaston Naessens, Les Presses de l'Université de la Personne Inc., St. Lambert, Quebec, 1990. Bragg, Paul, and Patricia Bragg, Super Power Breathing for Super Energy, High Health & Longevity, Health Science, Santa Barbara, California. Donsbach, Kurt, Oxygen, Oxygen, Oxygen, 1994. Douglass, William Campbell, Hydrogen Peroxide: Medical Miracle, January 1996. Dyer, Dr. David S., Cellfood, Vital Cellular Nutrition for the New Millennium, Feedback Books, 2000. Available from the author at drdaviddyer@earthlink.net. If you want to try an "oxygen supplement" you might consider Cellfood, which also contains enzymes, trace minerals and deuterium. Deuterium is the isotope of hydrogen that makes heavy water "heavy". Deuterium has interesting health benefits for many people, according to testimonials in the book. Do an Internet search for "Cellfood". Lynes, Barry, The Cancer Cure that Worked: 50 Years of Suppression, Marcus Books, June 1987. This is the story of the Rife microscope. The ability to cure disease with light has been suppressed by pharmaceutical companies and their stooges in the American Medical Association and FDA. McCabe, Ed, O2xygen Therapies, Energy Publications, Morrisville, NY, 1988. Page Summary Oxygen is at the very center of the cancer problem. The metabolism of oxygen was a great evolutionary leap allowing the transition from vegetative life to much more active forms of life. However, the anaerobic vegetative metabolism still lies dormant within every cell in your body and can become manifest if your cells are deprived of oxygen for any reason. Maintaining oxygen metabolism throughout your body requires that the entire oxygen system be maintained and function properly. This includes the quality of air you breathe, proper use of your lungs, the efficiency of your blood to transport oxygen, the alkaline condition of your lymph to transport oxygen from the blood to the cells, regular exercise to move the lymph, adequate nutrition at the cellular level so that the oxygen can be metabolized, and absence of toxins at the cellular level that can interfere with oxygen metabolism. -------------------------------------------------------------------------------- Off to a Fast Start...The Importance of Fresh Juices plus other ways to Strengthen Your Immune System You now understand the importance of more oxygen and more alkalinity. One of the key ways of increasing your alkalinity is drinking lots of freshly made fruit and vegetable juices. Some doctors recommend to cancer patients that they drink one 8 ounce glass of these juices each waking hour of the day. You could never eat the amount of good nutrition you will get from these juices. The juices are also incredibly important to strengthen your immune system. There is a direct connection between the strength of the immune system and cancer according to the American Cancer Society Cancer Book edited by Dr. Holleb that states "only when the immune system is incapable of destroying these malignant cells will cancer develop." So lets move on now to a discussion of Fresh Juices plus other ways to Strengthen Your Immune System. In 1904 there was very little cancer. Now there is an abundance of cancer. What has changed? Can this be reversed? If you have cancer or do not want to get cancer the information you and your family need is on this web site. | | | | |
|  | [Buying a Laptop .....](https://www.abibitumi.com/community/math-and-science-stem/buying-a-laptop/#post-44100) | 42 relevance | 8 years ago | Ajamu | Math and Science (STEM) |
|  | . Laptop Buying Guide: Shopping for the Right Notebook | PCWorld Laptop Buying Guide: Shopping for the Right Notebook Shopping for your first laptop, or looking to upgrade your old system? Follow our advice to find just the right one for you. By Jason Cross, PCWorld Jul 20, 2011 5:00 am Are you in the market for a new laptop? Looking to buy a new laptop, or upgrade that four-year-old system that just can't keep up anymore? Navigating the labyrinth of brands, product names, and specifications can be tough. From tiny netbooks to big and powerful desktop-replacement systems, the differences in pricing, features, and performance are staggering. Follow our comprehensive guide to make sure you get the ideal laptop. Deciding what to buy is tough not just because of all the makes and models and the dizzying array of specifications and customization options, but also because every user is different. Maybe you're buying for a college student whose aging notebook doesn't have the battery life to last through a day of classes. Maybe your child needs a laptop for doing their high-school homework during the week and playing some games, chatting with friends, and watching videos on the weekend. Or maybe you're shopping for a gaming enthusiast who wants something really powerful but a little easier to carry to a buddy's LAN party. Even if you know what you want, with so many laptop models available it can be hard to decide. In Video: How to Buy a Laptop It's probably best to start by determining which category of laptop you're most interested in. Laptops can be broadly divided into four main categories: netbooks, ultraportables, all-purpose laptops, and desktop replacements. Once you have decided which category of laptop is right for your gift recipient (or yourself), it's time to consider the specs. For help in wading through all the product names and acronyms, check out "Making Sense of the Specifications." And before you run your credit card, read our handy "Shopping Tips" list. Netbooks Although netbooks are great for their intended purpose, they aren't satisfactory for much else. They typically aren't powerful enough to do everything you need a PC for. Rather, they're meant to be companions to your main PC. Small and light enough to carry around all day, they're the perfect thing for taking notes in class or surfing the Web from a commuter train. A typical netbook weighs about 3 pounds or less, and has a screen size of 6 to 10 inches. Most cost about $300 to $400, but premium features can drive the price up further. If you need to buy a new primary PC, look elsewhere. Netbooks' limited screen resolutions (10-inch netbooks typically top out at 1366 by 768, RAM, and processing power make editing photos or spreadsheets a pain. In addition, some Web pages, Flash games, and applications simply don't fit well on a small screen. Still, there's something to be said for a system with a battery life of 6-8 hours or more; in PCWorld Labs tests, that's how long most of the newest netbooks last. Most netbooks are based on Intel's Atom line of processors. These chips can run the standard Windows operating system you're accustomed to and all your usual applications, but they're not fast compared with more-expensive Intel CPUs found in larger, more expensive laptops. Some netbooks use AMD's Fusion E-series CPUs, which are far more powerful but don't last as long. In either case, the speed of a netbook will pale in comparison to laptops that weigh and cost a little more. A netbook is fine for simple Web browsing or word processing, but it struggles to play games, edit large photos, or run multiple applications simultaneously. One more drawback: Netbooks almost never have an optical drive, so you can't play DVDs or load software off a disc without buying and using an external, USB-attached DVD drive. Ultraportables Slim and light, ultraportable laptops are a step up from netbooks. Sure, in choosing an ultraportable over a netbook you tack on maybe a pound of weight, but that added heft means a more powerful processor, more RAM, and often a larger screen. These systems are ideal for users who need a fuller PC experience but still want a machine that's easy to carry around. Screen sizes vary, from around 11 inches to 14 inches, but models with larger screens are usually considered "ultraportable" only if they're especially thin and light. You can expect an ultraportable to weigh from 3 to 4.5 pounds, typically; battery life extends from 5 to 8 hours. Prices generally land in the $600-to-$800 range, but some superthin models with larger screens can cost more than $1000 - sometimes much more. Compared with netbooks, ultraportables have more processing power. In pricey models, you can even get performance that rivals much bigger, heavier laptops. Ultraportables typically use dual-core CPUs or low-voltage processors from Intel or AMD that aren't as powerful as what you usually find in bigger notebooks (or more expensive ultraportables) but are far more capable than Atom or Fusion netbook processors. Most ultraportables have 4GB or more, too. As a result, ultraportables perform a lot better than netbooks on everyday applications, and they're far more suited to running multiple applications at once. In the name of saving weight, lowering cost, and improving battery life, many ultraportable laptops stick with integrated graphics chips that lack the oomph to handle modern games or other strenuous 3D rendering. Still, it's not too hard to find ultraportable PCs with dedicated GPUs from Nvidia or AMD; typically these laptops are powerful enough to run modest 3D games, and they do an excellent job accelerating video playback. If you want to play DVDs or load software from a disc, make sure to look for an ultraportable with an optical drive. In slimming down, many ultraportables these days have omitted the optical drive, but you can find some models (typically the pricier ones) that incorporate them. All-Purpose Laptops Models in the all-purpose laptops category are, well, all-purpose: They're large and powerful enough to serve as your everyday computer, but portable enough to accompany you when you're on the go. This category has more options than almost any other. You can find durable ruggedized laptops for business travel, convertible laptops with reversible screens that turn them into tablets, gaming laptops, cheap notebooks, expensive and stylish portables, and more. Generally an all-purpose laptop is defined as a system with a screen from 14 to 16 inches, and weighing more than 4.5 pounds. Most of these models use full-power dual-core and quad-core laptop CPUs (as opposed to ultra-low-voltage processors, Intel's Atom CPUs, or AMD's Fusion E-series), and you can expect even entry-level systems in this category to have about 4GB of RAM, often with options for 8GB or more. The weight can vary widely depending on the model and configuration, but 5 to 8 pounds is common. You'll find a wide range of prices as you shop for a general all-purpose laptop. Low-cost models can be as cheap as $400, but piling on extra options or choosing a sleeker, more powerful model can drive the price to $1500 or more. A good rule of thumb is to expect to spend $700 to $1200 for a well-equipped all-purpose laptop. Optical drives remain standard, and Blu-ray Disc drives are optional on many all-purpose laptops. You can get an all-purpose laptop with almost anything you desire, if you're willing to pay for it. Some have integrated graphics, others have drastically more powerful discrete mobile GPUs that will let you play the latest 3D games. Want a Blu-ray drive and an HDMI output so that you can watch high-def movies on your HDTV? Some models have those features. Looking for 1TB of hard-drive space? You can get that, too. A touchscreen? Check. The array of features and options is overwhelming. Manufacturers sometimes combine certain sets of features into specific laptop models. Companies such as Dell, Fujitsu, HP, and Lenovo give you some level of customization of your laptop, so you can buy a configuration that best matches your needs. Larger screens and more-powerful processors mean shorter battery life, though. Most all-purpose laptops last from 3 to 6 hours on a charge, depending on the model and how you use it; playing games and using Wi-Fi drains the battery faster than light Web surfing does, and cranking up the display's brightness shortens battery life considerably. Desktop Replacement Laptops A desktop-replacement laptop is just what it sounds like: a larger notebook aimed at people who need the performance and large display size of a desktop computer but want to be able to move the machine from room to room easily. Screen sizes start at 16 inches and go up to 18.4 inches; models with higher screen resolutions are ideal for photo or video editing. Don't expect to carry one of these notebooks around with you all day, though--typically they're too large to fit in a regular backpack, and at 8 to 12 pounds, carrying one around for even a short while can be tough on the shoulders. Consider these laptops as being more "luggable" than "portable." The processors in these beefy laptops are typically top-of-the-line, either dual-core or quad-core chips whose performance rivals that of the CPUs found in all but the most powerful desktop computers. Discrete graphics chips from AMD or Nvidia are standard on most desktop replacements, too. If you pick the right model, you can play even the most demanding modern games. As for the amount of RAM, 4GB is the bare minimum. A hard drive of 500GB or more is common, while some laptops have up to 1TB of storage. Some offer superfast solid-state drives, which offer less storage space and are quite expensive, but can dramatically improve performance. Of course, all of that power comes at a price. The battery won't last long (typically 2 hours or less with heavy use), so you shouldn't stray too far from an outlet. The high-power CPUs and GPUs run hot, too, making it uncomfortable to rest a desktop replacement notebook on your lap. And then there's the literal price: Cheap models may cost $1000 or less, but a nicely loaded desktop replacement will easily push $2000 or more. This category is really for two types of people: gamers who need tremendous CPU and GPU power to play the latest titles, and professionals (such as video editors, photographers, or engineers) who require large displays and lots of horsepower to do their work. =========================================================== Laptop Buying Guide: Making Sense of the Specifications | PCWorld Laptop Buying Guide: Making Sense of the Specifications Shopping for a laptop, but unsure what all those features mean? Here are the most important laptop specs to consider. By Jason Cross, PCWorld Jul 20, 2011 5:00 am If you're shopping for a laptop, the first thing you need to do is figure out which category of laptop best suits your needs. Once you've done that, it's time to examine the specifications. You'll have to choose from among a host of options for the processor, RAM, graphics, display, and other features. Deciding what is necessary and what the user can live without is difficult, but it's essential to selecting a laptop you will love at a price you can afford. If you don't understand the specs, you could save money but miss out on desired features and performance, or you could spend too much for things you don't really need. (And before you commit to a laptop, see our list of handy shopping tips.) CPU The CPU is the heart of any computer, and is responsible for running the operating system and every application. A speedier CPU means faster-running programs, but usually it also means lower battery life and a more expensive laptop. Nearly every laptop has a CPU from either AMD or Intel. If you're buying a netbook, you'll find that it uses either Intel's Atom line of CPUs, or AMD's Fusion E-series. The Atom line offers pretty slow performance and poor integrated graphics, but the battery life is phenominal. AMD's Fusion E-series chips are a bit faster, with dramatically better graphics and video decoding, but you'll sacrifice an hour or two of battery life for it. Neither choice is powerful enough for the most demaning tasks, like encoding HD video or playing the latest games. Ultraportable PCs generally use low-voltage AMD or Intel processors. These chips are usually dual-core CPUs that are quite similar to the regular notebook CPUs found in larger laptops, but run at much lower clock speeds (1.2GHz instead of 2.1GHz, for example). Lots of processors--too many to list here--are available in this group. When you're shopping, however, you can follow a few general rules: More cache is preferable, and higher clock speeds are better but will drain the battery a little faster. AMD's CPUs are a bit slower than Intel's, but are priced to move and offer superior integrated graphics. Note, too, that some ultraportables don't use low-voltage CPUs, and are considerably faster (but have shorter battery life) than those that do. All-purpose and desktop-replacement laptops offer both dual-core and quad-core CPUs in a range of speeds. Intel's Second-Generation Core CPUs (Core i3, Core i5) are excellent for most users; only people who truly require a quad-core CPU (for encoding video, playing games, or running engineering applications, for example) would want a quad-core Core i7 processor. Again, more cache and higher clock speeds are better, but any CPU over 2.0GHz is fast enough to handle all the basic stuff, such as playing music, browsing sites and playing Web games, displaying online video, and managing e-mail. You'll also find laptops with AMD processors. AMD's new Fusion A-series processors aim to offer better value in affordable all-purpose and ultraportable laptops. While the CPU part of these processors aren't as fast as Intel's, the graphics portion is far superior. What's more, the battery life stacks up well against Intel's processors. This wasn't the case with older AMD processors, which ate through your battery a couple hours faster than Intel's. Graphics The graphics processing unit in a computer is useful for more than just playing games. This bit of silicon is ultimately responsible for everything you see on screen, from 3D games to the basic Windows desktop. Perhaps more important for some people, many GPUs can accelerate video decoding: With the latest version of Adobe Flash and the right GPU, Web videos from Hulu or YouTube will run more smoothly and look better (especially if you buy a netbook or an ultraportable laptop with a weaker CPU). Most laptops are available with a choice between integrated graphics (from Intel or AMD) or a discrete GPU (from Nvidia or AMD). Integrated graphics are built into either the system chipset (the "traffic cop" that controls the flow of data in the system) or, in newer systems, the CPU itself. They share the main system memory with the CPU. Discrete GPUs are individual chips that are dedicated to graphics and have their own pool of memory, which results in far better performance. Integrated GPUs from Intel are generally quite poor: They don't run 3D games very well. Second-generation Intel Core chips have dramatically improved video decoding, and the 3D graphics are faster, too. Still, they're too slow more most modern 3D games. AMD's integrated graphics is a significant step up, even capable of playing modern games at reduced resolution and detail. If you want to play games other than the occasional Web-based diversion, you probably want to select discrete graphics. You'll find lots of graphics chips to choose from, but in general the Radeon 6000 series from AMD is faster than the comparable 5000-series models, and the 500 series from Nvidia is speedier than the comparable 400 series. Within each series, the more-expensive models are swifter: ATI's Radeon HD 6850M is faster than the Radeon 6550M, and Nvidia's GeForce 560M is faster than the GeForce 520M, for example. RAM Memory is as important on a laptop as it is on a desktop. In fact, because laptop hard drives tend to be slower than their desktop counterparts, it may be more important. The more RAM a laptop has, the less often it needs to load data from the hard drive, after all. It's a good idea to get at least 4GB of RAM if it's offered as an option. Beyond that, the benefits are usually small and the cost to add more RAM is high. Laptop memory these days is almost always DDR3, which is faster than the DDR2 memory commonly found in laptops as recently as a year ago. You'll also see a clock speed listed on some laptop memory specs, such as 800MHz, 1066MHz; or 1333MHz. The higher that number, the faster the RAM. Spend the money to get to 4GB first, and then worry about speed--if your choice is between 4GB of 1066MHz or 2GB of 1333MHz memory, go with the 4GB of slightly slower RAM: You'll get more performance bang for your buck by doing so. Display The size of the display will be determined in part by the type of laptop you buy--by definition, netbooks have smaller displays than desktop replacements. From there, you have several additional factors to consider: screen resolution, LED backlighting, and a glossy or antiglare surface. Screen resolution is a measure of how many pixels are on the screen, horizontally and vertically. A netbook with a 10-inch screen may offer a resolution of either 1024 by 600 or 1366 by 768, for example; in this case, the screen size is the same, but the latter option will have a lot more pixels crammed into it. That gives the user more space on the desktop and shows more of the Web pages or spreadsheets the user views, for instance. On the other hand, the higher resolution makes all of the icons and text appear smaller, so things can be harder to see. Most users prefer higher resolutions on their displays, but you might want to look at two laptops with the different resolutions you're considering to determine whether you like more desktop space or larger icons and text. Many laptops have LED-backlit displays. Instead of compact fluorescent tubes, light-emitting diodes sit behind the LCD panel. LED-backlit displays tend to be more energy-efficient, so the battery lasts longer. LED-backlit displays are increasingly common, and now can be found in all laptop segments and on most notebook models, at least as an option. You'll also notice that some laptops have a very shiny, glossy display, while others have a soft matte finish on their screen. This is a matter of the coating on top of the display. A glossy coating certainly creates a lot more glare, but it also lets light through more easily; as a result, glossy displays tend to look like they have better contrast and brightness. The matte finish on other displays may result in the appearance of a little less contrast, but it also produces a lot less glare. If you plan to use your laptop outdoors or in brightly lit areas, you might want to avoid a glossy display. Touchscreen displays are starting to appear on some notebooks, from convertible tablet laptops to all-purpose machines and even some netbooks. Finding a laptop with a touchscreen is still relatively rare, but it is becoming increasingly common. Expect to spend $100 to $200 extra for this feature. Connectivity Every laptop, from a netbook to a desktop replacement, includes wireless networking. The standard you're most likely to encounter in coffee shops and airports is 802.11g Wi-Fi, and you can't find a laptop these days that doesn't include 802.11b/g support (802.11b is an older, slower networking standard that you don't see much now). That's the good news. The bad news? Even though the faster, less error-prone 802.11n networking standard is quickly making its way into homes, and most new laptops support the standard, you won't necessarily find 802.11n in coffee shops and airports just yet. It's a good idea to make sure that the laptop you buy has 802.11n networking if you want it to be future-proof, or if your gift recipient wants to take advantage of the 802.11n wireless they may already have in their home. Fortunately, 802.11n-capable laptops can still connect to 802.11g Wi-Fi just fine, and 802.11n hotspots almost universally allow 802.11g devices to connect; the connection will simply be slower than it could be. If you need to plug your new computer into a wired network, ensure that the laptop you buy has an ethernet jack--most do, but a few netbooks and super-slim ultraportables don't. The standard now is gigabit ethernet, and while some laptops may have slower ethernet jacks (limited to 100 megabits per second), it isn't a major concern. Unless you need gigabit speed to transfer lots of very large files and you're sure you'll be plugging into a gigabit wired network, you don't need to look for that feature specifically. Many laptops also offer Bluetooth, which is great for making use of Bluetooth mice, keyboards, and headsets, or for syncing contacts and calendar information with a Bluetooth-enabled phone. If you want to connect on the go but no Wi-Fi hotspot is available nearby, they'll need a mobile broadband radio. You can buy one as an add-on card, but many laptops offer built-in mobile broadband radios as an option. Typically these are tied to a single wireless carrier (AT&T, Sprint, T-Mobile, or Verizon) and require a mobile data plan to use. If the laptop's new owner will constantly use it on the road, this can be a convenient option. Optical Drive Most all-purpose and desktop replacement laptops include an optical drive, while most netbooks do not; with ultraportables, it's hit-or-miss. All optical drives in laptops these days will play and burn DVDs. Some laptops even include (or offer the option to add) a drive that can play Blu-ray media and burn DVDs and CDs, which means you can use these models to watch high-def movies. Blu-ray Disc writers--which burn to those high-def discs as well as to DVDs and CDs--remain less common in laptops, and are a more expensive upgrade than the Blu-ray-reader/DVD-and-CD-burner combo. Don't worry too much about the performance ratings on optical drives (expressed, for example, as 8X) unless you plan to do a lot of disc burning. If the laptop you have your eye on doesn't offer an optical drive but you have software on CD or DVD, or if you want to watch a movie on disc, you can buy an external DVD drive that plugs into the USB port. You don't have to buy the drive from the manufacturer of the notebook, and in general the drive will cost between $40 and $60, sometimes less. Look for a drive that's "bus-powered"--this means that the drive can get its juice from the laptop's USB bus, and shouldn't need a dedicated power adapter. Storage Hard-drive space on a laptop is just as precious as it is on a desktop PC. Netbooks and ultraportables typically don't offer more than 500GB of storage, and lower storage limits are more common. All-purpose and desktop-replacement laptops can have up to a terabyte of storage. You'll see drives listed as 4200 rpm, 5400 rpm, or 7200 rpm, a measure of how fast the platters spin, in revolutions per minute. Generally speaking, the speedier drives have faster data-transfer rates and seek times, which means better file copying, application launching, and boot-up speed. If you plan to store a lot of photos, music, or video (or intend to install a lot of big games), you'll want as much hard-disk storage capacity as you can get. Some desktop-replacement laptops offer dual-hard-drive configurations. Some laptop models provide an option for using an SSD, or solid-state drive, instead of a standard hard drive. SSDs tend to cost a lot more (adding perhaps hundreds of dollars to the cost of the laptop) and offer far less space than the regular rotating magnetic-media type, but they're far faster and more durable since they have no moving parts. Some SSDs are even more power-efficient than regular hard drives. SSDs can be a good idea for anyone especially concerned with performance or durability, but you'll pay a lot more money for a lot less storage capacity. ============================================= Laptop Buying Guide: Shopping Tips | PCWorld Laptop Buying Guide: Shopping Tips Before you hit the stores or retail sites, read through our shopping tips. It'll save you money! By Jason Cross, PCWorld Jul 20, 2011 5:00 am By now, we hope, you've read our other two "Holiday Laptop Buying Guide" installments and gained an understanding of which category of laptop is right for your gift recipient and what laptop specs they want. You're all set to buy a laptop, and you may have narrowed it down to a few choices by looking at our reviews. It's time to go shopping! Before you break out your credit card, consider the following shopping tips. Try Before You Buy Many people choose to buy a laptop online, where shoppers can find a wider selection and typically lower prices. That's fine, but you really shouldn't buy a new computer sight unseen if you can avoid it. Write down the names of some of the models you're interested in, along with a few notes about why they caught your eye, and head to your local big-box electronics store or specialty computer shop. See if the store has display units of any of the systems you're considering, or at least very similar models by the same manufacturer. Try the keyboard--can you type easily on it? Is the touchpad a pain to use? Does the screen look good? If the laptop you want to buy has a glossy screen, look at other models with glossy screens and determine whether you might prefer that look over a matte, antiglare finish. Pick up the laptop you want to buy, and evaluate its heft. Close the lid and see if the size is something you can fit into your chosen bag (don't actually put it in a bag, of course, unless you want security all over you). Bear in mind that many display notebooks in stores have the battery removed, which makes them seem considerably lighter. Once you have a feel for your desired laptop (or a very similar one), you can go back home and buy online with confidence. If you're buying in a brick-and-mortar store, you might want to ask if the retailer has any sales coming up, or at least call around to different stores to see which one has the best price. Or use your smartphone to check the latest prices online, and see how competitive the in-store price is. The store you prefer might even match the price of a local competitor. Need More RAM? Do It Yourself Let's say that the laptop you want to buy comes with 2GB of RAM but is expandable to 4GB or more. You might be able to save some money if you upgrade the laptop's RAM yourself instead of buying the 4GB option from the manufacturer. See how much more it costs to buy the machine with 4GB, and compare that with buying the RAM separately and installing it (the task typically requires removing only a couple of screws and about 5 minutes of your time--it's easy to do on most laptops today). Naturally, you'll have to do a little homework first. Make sure that the laptop has an empty RAM socket (ask a sales rep if you're not sure), and find out what type and speed of RAM you'll need. If all of this seems intimidating, it's okay--just buy the system with the RAM upgrade. Your time and frustration are worth only so much. Know Which Accessories to Get If you'll need a spare battery, select one that is specifically made to work with your particular model of laptop. It's not a bad idea to buy the battery right when you purchase the PC--especially if you're buying online, where an extra battery may be offered as an option. Use caution if you buy an aftermarket battery from a manufacturer other than the one that made the laptop: Some of these batteries are priced really well but store less energy. Read user reviews and comments about third-party batteries carefully to make sure you're not sacrificing battery life to save a few bucks. As for external optical drives, don't feel obligated to buy one from the manufacturer of the laptop. External optical drives that connect via USB are generally universal, so look around for a good price. Among other laptop accessories, consider buying a small, wireless travel mouse. Even the best touchpad can be a nuisance at times, and you can find tons of compact, battery-operated wireless mice that are specifically designed to travel with a laptop. If you want to use a laptop mouse on an airplane, however, be aware that wireless versions are forbidden by the FAA--you'll need a wired model for use in-flight. You can probably avoid spending cash on a specialized laptop bag or carrying case, which retail stores often mark up quite a lot. Unless you encounter a great bargain, or you find a special case made just for the unusually large or small laptop you're buying, bide your time. Buying a really great bag is a whole other process in itself--don't get something you'll end up hating just because it's expedient and convenient. If the salesperson tries to push other folderol on you, like screen wipes, blank discs, and extra cables, just say "no thanks." These items almost always carry a high markup in stores, and you're usually better off buying them online if you don't think you need them right away. When In Doubt, Go Faster If, after going hands-on with a few laptops, you're just not sure whether you need a faster processor, dedicated graphics, or more RAM, take the leap. Nobody ever complained that their laptop was too fast, but spending the next couple of years working on an annoyingly sluggish laptop will get old in a hurry. Expect software to become ever more resource-hungry over time, too; the applications that you will use next year will likely be a little more demanding than what you use today. And if you have an HDTV or are considering buying one in the future, an HDMI output on the laptop may come in handy. Consider Whether an Extended Warranty Is Necessary Most consumer-advocacy groups will tell you not to get an extended warranty; such an arrangement is usually a great profit-maker for the manufacturers and retailers that offer it, and most buyers don't end up using it. Because they're such good profit generators, salespeople will often give you the hard sell about how you need some sort of laptop protection program or extended warranty. Be wary. Before you even think about signing up, ask a lot of questions. Ask to see the specifics about what is covered and what isn't in writing--don't simply depend on the word of the salesperson. Read the fine print. Laptops are a little different than most consumer electronics and desktop computers in that they're, well, highly portable. People tend to throw them into bags, toss them around, accidentally knock them off tables, leave them to be poked and prodded by kids, and put them on the kitchen table, begging to be victimized by a horrific spill. You know yourself and the environment where you'll use your laptop. If you think you have a high probability of destroying your laptop within a couple of years, you might want to consider the extended warranty. (When we last surveyed readers on their satisfaction with extended warranties, we found that consumers who purchased them were very satisfied.) Also, laptop theft protection plans may be a good idea for college students, who have their laptops lost or stolen with alarming regularity. . | | | | |
|  | [Oxygen and Cancer pt. 1 & 2](https://www.abibitumi.com/community/health/oxygen-and-cancer-pt-1-2/#post-25961) | 39 relevance | 13 years ago | Kala Kambon | Health |
|  | Oxygen and Cancer pt. 2 The brighter red the color of your blood, the more oxygen it carries. The darker its color, the less oxygen it carries. Arterial blood is generally a brighter red because it has recently passed through the lungs. Venous blood is generally a darker red because it has passed through the capillaries where the oxygen is transferred from the blood to the tissues. "All normal cells have an absolute requirement for oxygen, but cancer cells can live without oxygen - a rule without exception." - Dr. Otto Warburg, quoted in Philpott, page 74. Deprive a cell 60% of its oxygen and it will turn cancerous. - McCabe, page 192. Deprive a cell 35% of its oxygen for 48 hours and it may become cancerous. - Dr. Otto Warburg. Read Dr. Warburg's papers in the Library: Lecture 1, Lecture 2. When the oxygen saturation of blood falls, conditions become ripe for the creation of cancer. Oxygen is removed from the arterial blood as it passes through the capillary system. If arterial blood is deficient in oxygen or if the blood flow is restricted by blocked arteries, then tissues oxygenated by the latter stages of the capillary system may be so deprived of oxygen as to become cancerous. The oxygen transport system from the lungs to the cells can be interrupted at numerous points, and so there are many opportunities to deny oxygen to cells. Also, there are many ways that cells and their mitochondria can be directly damaged, thereby reducing the cells' ability to utilize the oxygen that is available. Normal Metabolism vs. Cancer Metabolism "The fuel on which the body's cells run is called adenosine triphosphate (ATP). ATP must be created by all cells, including cancer cells, for energy. The biochemical process in which ATP is created is called oxidation phosphorylation and is oxygen-dependent. Healthy cells require the conditions of alkalinity and high molecular oxygen (O2) to produce ATP and function properly. In contrast, non-oxygen-respiratory organisms - like cancer cells - make ATP by fermentation phosphorylation, which requires the conditions of acidity and low oxygen to function, and actually produces additional acids." - Philpott, page 75. Cellular Respiration The human body's main fuel is a simple sugar called glucose. Glucose comes from the plants we eat. Through photosynthesis, plants use light energy to produce glucose and oxygen from carbon dioxide and water. Carbon dioxide + water + energy --> glucose + oxygen 6CO2 + 6H2O + energy --> C6H12O6 + 6O2 Plants then use the glucose to create cellulose and complex carbohydrates. When we eat the plants, the complex carbohydrates are broken down by our digestive system into glucose. Then this food energy is converted to chemical energy by a series of reactions known as cellular respiration. Aerobic respiration uses oxygen. Glucose + oxygen --> carbon dioxide + water + energy This reaction occurs in mitochondria in cells. Aerobic respiration extracts the maximum amount of energy from glucose, because the molecule is completely broken down. When the supply of oxygen is insufficient, there is a back-up system known as anaerobic respiration, that can release energy without oxygen. Glucose --> lactic acid + energy This reaction occurs in the cytoplasm of the cell. It does not put any extra pressure on the respiratory or circulatory systems, because it does not produce carbon dioxide, but it can cause muscle stiffness after exercise. Cancer cells have either wholly or partially switched to anaerobic respiration. Enzymatic decomposition of glucose in the absence of oxygen is also known as "fermentation", though in humans the end result is the production of lactic acid, not alcohol, because we lack the enzymes to produce alcohol. "The ideal task of cancer therapy is to restore the function of the oxidizing systems in the entire organism." - Dr. Max Gerson, page 7. Aerobic cellular respiration creates as many as 36 ATP molecules from each glucose molecule, and anaerobic respiration creates only 2 ATP molecules. Anaerobic respiration releases one eighteenth of the available energy. Cancer cells must feel very tired! For more information regarding cellular respiration, see Hydrazine Sulphate and cancer and oxygen. Also, you can do a search of the Internet for subjects such as cellular respiration, cellular biology and ATP, fermentation, lactic acid fermentation, cellular metabolism and fermentation, adenosine triphosphate, healthy mitochondria, Dr. Otto Warburg, etc. Causes of Cellular Damage There are many things that can damage a cell and its mitochondria. These include oxygen deprivation, nutritional imbalances, physical trauma, toxic chemicals, allergic reactions, radiation, infections, parasites, and more. If the injury harms the mitochondria, thereby interfering with the production of ATP, then this can cause significant damage to the cell because ATP is needed for important cellular processes such as membrane transport, lipogenesis and protein synthesis. With damaged mitochondria, for its very survival the cell has no choice but to revert to the more primitive system of anaerobic respiration that is characteristic of cancer cells. Sometimes the damage is reversible, in which case the cell can be healed. Sometimes the damage is irreversible, and a way must be found to destroy the cell. Also, the causes of harm to the cells must be removed to prevent repeated damage or damage to additional cells. For more information, do an Internet search for mitochondrial damage, tissue injury, etc. \*\*\* Nutrients for Healthy Mitochondria Oxygen is necessary for cellular respiration and energy production, but it must be carefully handled within the cell or the mitochondria will be damaged. Five nutrients necessary to restore and maintain healthy mitochondria are: L-carnitine - for the proper oxidation of fats within cells Coenzyme Q10 - is necessary for the synthesis of ATP, and prevents free radical damage within the cell Alpha lipoic acid - helps regenerate vitamins E and C after they are oxidized Vitamin E - protects cell membranes from free radical damage. Non-Synthetic Vitamin E Vitamin C - inhibits the oxidation of cholesterol and supports production of the antioxidant glutathione. Dr. Stephen Sinatra frequently writes about these nutrients in his newsletter. These nutrients should be available in your local health food store. His website is www.DrSinatra.com. \*\*\* Vitamin C is needed for the synthesis of carnitine, which is required for long-chain fatty acids to enter mitochondria where they are used for energy production. - Annals of Internal Medicine 114:909-910, 1991. Most cancer patients are deficient in vitamin C. The conversion of vitamin C into carnitine takes place in the liver. If you have cancer, your liver is probably not functioning properly. There are things you can do to restore liver health. Read more about healthy mitochondria. \*\*\* Cellular Metabolism is Controlled by Thyroid Hormones The rate of cellular metabolism and energy production is regulated by thyroid hormones. These hormones are deficient in many people because their body has insufficient iodine to produce them. The result is fatigue, depression, overweight, dry skin, cold hands or feet, hair loss, brittle nails, puffy eyes, constipation, brain damage and a lower IQ. There is a simple way to correct iodine deficiency that you can read about here. However, even if you have enough iodine, you may still have insufficient thyroid hormones due to the presence of iodine blockers in your diet. Chlorine and fluoride are iodine blockers commonly added to municipal drinking water. These chemicals compete with the uptake of iodine and slow the production of essential thyroid hormones. Certain foods have the same effect, such as soy products that can interfere with the absorption and assimilation of iodine. For healthy cellular metabolism, you need a healthy thyroid gland producing abundant thyroid hormones. Also, a diet high in nucleotides will increase cellular metabolism and the production of energy. Essential fatty acids (omega-3 and omega-6 in equal quantities) increase oxidation, energy levels, and stamina. There are other suggestions in our discussion of physical exercise. Oxygen vs. Cancer "I have been so impressed with the results of the use of hydrogen peroxide that every cancer patient receives infusions of the 35% food grade hydrogen peroxide / DMSO mixture throughout their entire stay...it should be apparent where I rank hydrogen peroxide, since this is the only substance I use in EVERY cancer patient." - Dr. Donsbach, pages 39-40. We have now administered over 30,000 infusions of hydrogen peroxide without a problem. - Dr. Donsbach, page 32. "Tumor cells, bacteria, and other unwanted foreign elements in the blood can usually be destroyed with hydrogen peroxide treatment. Peroxide has a definite destructive effect on tumors, and, in fact, cancer therapy may prove to be the most dramatic and useful place for peroxide therapy." - Dr. Douglass, page 4. "The Baylor team reasoned that if they put oxygen into the tumor mass by injecting H2O2 into the tumor, the tumor would be much more receptive to X-ray destruction. They studied a total of 190 patients using hydrogen peroxide infused into the artery leading to the tumorous cancer. The experiment took six years. Their results were astounding." - Dr. Douglass, pages 30-31. "Peroxide may be the greatest breakthrough we've ever had for brain tumors. Surgery destroys brain tissue, and chemotherapy for brain neoplasms is just plain quackery." - Dr. Douglass, page 63. "Both therapies (hydrogen peroxide and photoluminescence) should be given for maximum results in treating cancer." - Dr. Douglass, page 80. Hydrogen peroxide is water with extra oxygen attached. The formula for water is H2O, and for hydrogen peroxide is H2O2. Another name for hydrogen peroxide would be hydrogen dioxide. Lack of oxygen and high levels of acidity go together. One reason for this: "In the electron transport scheme during oxidative metabolism, electrons are transferred along a set of electron acceptors, ending up, ultimately with the combination of hydrogen and oxygen to form water. However, when there is an oxygen deficiency, the loss of electrons can result in the accumulation of positive hydrogen ions, which lead to blood acidification." - Sandra Goodman, PhD, Germanium - The Health and Life Enhancer, Chapter 4. You can read her book on the Internet here: People with various degenerative diseases are sometimes found to have low venous oxygen saturation. With proper care, the venous oxygen saturation level rises and their health & vitality improve dramatically. Arterial oxygen saturation should be very high. "High O2 tensions were lethal to cancer tissue, 95% being very toxic, whereas in general, normal tissue were not harmed by high oxygen tensions. Indeed, some tissues were found to require high O2 tensions...", J.B. Kizer, quoted in McCabe, page 82. An "Oximeter" device to measure your blood oxygen level is available from www.rgarden.com for $380. Daily Humming is Good For You During humming, the gas exchange between the nasal passages and the sinuses is 98 percent, almost a complete exchange. During normal exhalation, without humming, the gas exchange rate is only 4 percent. Poor gas exchange and poor circulation in the sinus cavities create a good environment for bacterial growth. Researchers suggest that daily humming could help reduce the incidence of sinusitis and upper respiratory infections. Also, sinuses are major producers of nitric oxide, which helps dilate capillaries and increase blood flow. When nitric oxide levels are measured during humming, researchers find that they are 15 times higher than during normal breathing. - Am J Respir Crit Care Med 02;166(2):131-2 Increasing the oxygen saturation of the blood and tissues can be approached from a number of different directions simultaneously: 1. Fresh air. Increase the amount of oxygen in the air you breathe by allowing fresh air into every room of your home, office and transportation. Open the windows. Install a Heat Recovery Ventilation System (HRVS) or Energy Recovery Ventilation System. By connecting the HRVS into your furnace ducts, you can provide temperature moderated fresh air to the entire home economically in every season. 2. Breathe deeply. Improper breathing causes oxygen deficiency. Use the full capacity of your lungs by expanding both the chest and lower abdomen. Pause for a few seconds between each inhalation and exhalation. Practice deep breathing for a few minutes every day. If you feel depressed, try breathing more deeply (Other suggestions for fighting depression may be found on our Sunlight page.). Learn Pranayama (comfortable breathing exercise) and practice for a few minutes before meditating. 3. Aerobic exercise increases the capacity of the heart to pump blood and increases the capacity of the lungs. 4. Eat smaller nutrient-dense meals (no empty-calorie junk food). Overeating causes oxygen deficiency. Do you feel tired after a big meal? Vitamin F increases the oxygen carrying capacity of the hemoglobin (red blood cells). Eat fresh foods and avoid decomposing (rotten) foods. Eat an alkaline diet and create an alkaline condition in the body. 5. Follow Dr. Dean Ornish's 4 step program to clean out your arteries (low fat vegetarian diet, exercise, non-smoking, meditation). Clean arteries will maximize the amount of oxygen-rich blood reaching the tissues. 6. Antioxidants help the body use oxygen more efficiently. Antioxidants include MAK, Alkaline Water, Microhydrin, Raja's Cup coffee substitute, Superoxide Dismutase (SOD) which is found in the greenest plants, co-enzyme Q10, organic germanium (a trace mineral), thioctic acid, taheebo/pau d'arco, vitamin C, Non-Synthetic Vitamin E, vitamin A, retin-A (a form of vitamin A), ginseng. Wheat germ is a good source of vitamin E. Oxy-Powder contains organic germanium as one of its ingredients. 7. Avoid carbon monoxide (vehicle exhaust, fumes from gas stoves & heaters) that reduces the oxygen carrying capacity of the blood. Fluoride also interferes with oxygen uptake (Donsbach, page 30). Alcohol and drugs rob the body of oxygen because the body must oxidize these substances during the process of their removal (McCabe, pages 86-87). 8. Consume supplementary oxygen from other sources such as oxygenated drinking water, fresh foods and juices, magnesium oxide, magnesium dioxide, magnesium peroxide, magnesium hydroxide ("milk of magnesia"). "We also know that when H2O2 is taken into the body (orally or intravenously) the oxygen content of the blood and body tissues increases dramatically." - Dr. David Williams. 9. Bathe in oxygenated water. Add one pint to one quart of 3% hydrogen peroxide to your bath water and soak in it. Be sure your bath water is free of chlorine (chlorine causes cancer). You can remove the chlorine by putting a filter on the shower head and fill the tub via the shower. 10. Practice EWOT therapy. Exercise With Oxygen Therapy (EWOT) is doing light exercise, such as on a treadmill or stationary bicycle, while breathing pure oxygen. EWOT produces the benefits of intravenous hydrogen peroxide therapy and you can do it at home. Set the O2 flow at 6 liters per minute, hook the little tube to your nose, and exercise at a moderate pace for 15 minutes while breathing pure oxygen. As part of your cancer prevention and health maintenance program, you can do this once a month. If you are ill with any disease, do EWOT more frequently. In particular, do EWOT after operations, chemotherapy, radiation treatment, x-rays, and burns. - Dr. William Campbell Douglass. Bottled oxygen is generally a prescription item. However, you can purchase for home use an "oxygen concentrator" such as is used in "oxygen bars". Do an Internet search for suppliers of this device. 11. Practice hyperthermia. Hyperthermia increases circulation and removes toxins from the body via excessive sweating. One way carcinogens cause cancer is by attaching to cell membranes, thereby suffocating the cell even when adequate oxygen is otherwise available. 12. Intravenous hydrogen peroxide is inexpensive, safe and easy for a physician to administer (Altman, page 2). Also, with the help of a physician, you might try UBI (ultraviolet blood irradiation) therapy, which can produce a 50% increase in venous oxygenation within 10 minutes. This oxygenation is in the blood plasma, as there is no change in the number of red cells. - Dr. William Campbell Douglass (See Dr. Douglass's books in the recommended reading list below). Using Diluted 35% Food Grade Hydrogen Peroxide Internally Mix a few drops of 35% H2O2 into a glass of water. Take on an empty stomach (the oxygen will react with the food in the stomach), one hour before a meal or at least 3 hours after a meal. Start with one drop of hydrogen peroxide 3 times per day. On the second day, increase to two drops 3 times per day. On the third day, increase to three drops three times per day. Increase in this manner each day until you reach 25 drops 3 times per day or the limit of your comfort. If your stomach gets upset at any level, go back one level. Hydrogen peroxide has an obnoxious taste and few people reach 25 drops. When free of your health complaints, taper off by reducing your daily dosage. A good maintenance dose is a total of 1 - 2 drops per day. - Dr. Donsbach, pages 44-45. Editor's note: With hydrogen peroxide, more is not necessarily better. Moderation is the key. \*\*\* Using Magnesium Peroxide Internally For oral ingestion, however, I now believe the product of choice to be magnesium peroxide, and it may have even more to offer. The oxygen content is more stable than that in hydrogen peroxide and when it is chemically reduced, it leaves a very beneficial mineral, magnesium, as oxygen is released. Comparison % Oxygen Waste Product Taste Stability H2O2 94% Water Metallic Fair MgO2 57% Magnesium Pleasant Good I choose to use hydrogen peroxide for infusion purposes and external use and a combination of hydrogen peroxide and magnesium peroxide for oral ingestion. - Dr. Donsbach, pages 3-8. Editor's note: For more information, do an Internet search for hydrogen peroxide and magnesium peroxide(MgO2). You also might want to consider magnesium hydroxide Mg(OH)2 commonly known as "milk of magnesia". Magnesium hydroxide is made by adding magnesium oxides to water. Evaporating the water reverses the process with the result being the white powder of magnesium oxides, suggesting that milk of magnesia might be an economical and readily available source of the magnesium peroxide that Dr. Donsbach recommends. There is also an excellent product called "Oxy-Powder" that you might want to read about. magnesium oxide(s) + water --> magnesium hydroxide magnesium hydroxide --> magnesium oxide(s) + water \*\*\* Individuals who have had transplants should not undertake an H2O2 program. H2O2 stimulates the immune system and could possibly cause a rejection of the organ. - Dr. David Williams. \*\*\* You should also be aware that there are now numerous hydrogen peroxide products on the market. Some are simply peroxide that has been flavored and mixed with sea minerals, aloe vera, inner tree bark or other ingredients to make the peroxide more palatable (Superoxy, Oxy Toddy, etc.) Other claim to have developed products that deliver more oxygen than does simple hydrogen peroxide (Aerox, Anti-Oxid-10, Di-Oxychloride, Aerobic 07, Aqua Pure, etc.). Basically you'll end up paying a small fortune and at best achieving the same results you can get for pennies by using hydrogen peroxide. - Dr. David Williams. Oxygen vs. Disease Hydrogen peroxide "has a stimulatory and regulatory effect on the immune system and may either directly or indirectly kill viruses, bacteria, parasites, yeast, fungi, and a variety of other harmful organisms. Our studies demonstrate a positive metabolic effect of an intravenous infusion of hydrogen peroxide." - Charles H. Farr, M.D., PhD. in Altman, page XI. "Peroxide is certainly a universal agent which can almost always be tried for an illness, often with great success." - Dr. Douglass, page 154. "The use of (intravenous) hydrogen peroxide was reported in 1920 during the influenza epidemic. Although excellent response was noted, there was no follow-up...I started primarily because I felt this was the perfect answer for Systemic Candidiasis, a condition which has resisted the best drugs and diets ever devised...All viruses are inhibited by a high oxygen environment." - Dr. Donsbach, pages 31, 42. "We're just beginning to learn exactly how H2O2 works. It has been reported to work as far back as 1920. The English medical journal Lancet then reported that intravenous infusion was used successfully to treat pneumonia in the epidemic following World War I. In the 1940's, Father Richard Willhelm, the pioneer in promoting peroxide use, reported on the compound being used extensively to treat everything from bacterial-related mental illness, to skin disease and polio. [Father Willhelm is the founder of "Educational Concern for Hydrogen Peroxide" (ECHO), an non-profit organization dedicated to educating the public on the safe use and therapeutic benefits of hydrogen peroxide.]" - Dr. David Williams. "Oxygen will destroy malaria." - McCabe, page 18. In 1920, intravenous hydrogen peroxide cut the death rate from pneumonia in half. - McCabe, page 41. Intravenous hydrogen peroxide is helpful with pulmonary disease, gangrene, arterioslerosis, aids, flu, asthma. - McCabe, page 44-46. "One ounce of 35% hydrogen peroxide (per gallon of water) in a vaporizer every night in an emphysemic's bedroom, and they will breathe freer than they have breathed in years! I do this for my lung cancer patients." - Donsbach quoted in McCabe, page 59. (While most conditions respond remarkably to oral ingestion, emphysema is one condition in which intravenous infusion can be a godsend. - Dr. David Williams, Alternatives, June 1992.) Contact International Bio-Oxidative Medicine Foundation to find a doctor in your area who can provide this procedure. "Put four ounces of 35% peroxide in a gallon of water. Run a cold humidifier in your bedroom all night with this mixture." - Dr. Douglass, page 64. Gargle with 3% hydrogen peroxide for a sore throat. - McCabe, page 55. "For mouth freshness in the morning, rinse with three percent hydrogen peroxide." - Dr. Douglass, page 58. For many uses, the hydrogen peroxide is diluted to 1 1/2% or even 3/4% or less. - McCabe, page 57. Hydrogen peroxide nasal mist cleans pockets of infection from the sinuses. "Take the drugstore variety, which is three percent; dilute it 50 percent with water and put five to ten drops in each nostril - sniff it up vigorously (it will burn a little). Do this twice daily and see if it helps. If it doesn't, then your problem is not your sinuses." - Dr. Douglass, page 61. 3% H2O2 can be used full strength as a foot bath for athlete's foot. Diabetics have found relief from circulation problems by soaking their feet in 1 pint of 3% peroxide mixed with 1 gallon of warm, non-chlorinated water for 30 minutes nightly. - Dr. David Williams. Hydrogen peroxide has been used in the treatment of heart and blood vessel diseases (including arrhythmias, stoppage, heart disease, stroke and memory loss, angina, gangrene, inflammation, vascular and cluster headaches), pulmonary diseases (asthma, bronchitis, emphysema, pneumonia), infectious diseases (acute and chronic viral infections, bacterial infections, chronic fatigue syndrome, herpes, shingles, influenza, parasitic infections, candida), immune disorders (adult onset diabetes, multiple sclerosis, arthritis, hypersensitivity reactions), and other diseases (Alzheimer's, cancers, chronic pain, migraine headaches, Parkinson's disease). - Altman, page 18 - 19. Editor's note: Some cancers may be caused by infections, including fungal infection. Oxygen is a treatment for fungal infection. The following is only a partial listing of conditions in which H2O2 therapy has been used successfully (Dr. David Williams, Alternatives, June 1992):Allergies Altitude Sickness Alzheimer's Anemia Arrhythmia Asthma Bacterial Infections Bronchitis Cancer Candida Cardiovascular Disease Cerebral Vascular Disease Chronic Pain Diabetes Type II Diabetic Gangrene Diabetic Retinopathy Digestion Problems Epstein-Barr Infection Emphysema Food Allergies Fungal Infections Gingivitis Headaches Herpes Simplex Herpes Zoster HIV Infection Influenza Insect Bites Liver Cirrhosis Lupus Erythematosis Multiple Sclerosis Parasitic Infections Parkinsonism Periodontal Disease Prostatitis Rheumatoid Arthritis Shingles Sinusitis Sore Throat Ulcers Viral Infections Warts Yeast Infections Complementary nutrients to take with hydrogen peroxide and help increase oxygenation in the body include coenzyme Q10, organic germanium, niacin, vitamin E, flax oil, lecithin and acidophilus. High levels of hydrogen peroxide are found naturally in breast milk and colostrum. One of its main functions is to activate and stimulate the immune system. Dr. Charles Farr has shown that hydrogen peroxide stimulates enzyme systems throughout the body. (Proceedings of the International Conference on Bio-Oxidative Medicine 1989, 1990, 1991.) Vitamin C helps fight infections by producing hydrogen peroxide. Lactobacilli found in the colon and vagina produce hydrogen peroxide. This destroys harmful bacteria and viruses, preventing colon disease, vaginitis, bladder infections and a host of other common ailments. (Infect Dis News Aug.8, 91:5.) "Hydrogen peroxide is one of the few simple miracle substances still available to the public. Its safety and multiple uses ranks it right up there with DMSO. If you've never used either of these compounds you're overlooking two of the most powerful healing tools ever discovered." - Dr. David Williams. The 3% hydrogen peroxide (H2O2) available in grocery stores and drug stores contains stabilizers (such as phenol, acetanilide, sodium stanate and Tetrasodium phosphate). This hydrogen peroxide is for external use only, not for internal consumption. It is OK for brushing the teeth, gargling and as a mouth wash, providing you rinse your mouth after. The 35% food grade hydrogen peroxide is for internal consumption and can be diluted for intravenous application. Other grades of hydrogen peroxide include 6% used by beauticians and contains bleach, 30-32% electronic grade used for washing electronic parts, 35% technical grade which contains a small amount of phosphorous, and 90% used as a source of oxygen in rocket fuel. Hydrogen Peroxide and Ozone in Nature The earth's atmosphere is surrounded by the "ozone layer". Ozone (O3) is created when radiation from outer space interacts with oxygen in the atmosphere. O3 is heavier than O2 and tends to fall toward the earth. As it enters lower levels of the atmosphere it encounters water vapor and forms hydrogen peroxide (H2O2). Rain water contains a small percentage of hydrogen peroxide and this acts as a natural disinfectant in rivers and lakes. All living things are adapted to take in a small quantity of hydrogen peroxide in their diet, and even produce hydrogen peroxide as part of their immune functioning. However, it requires energy for the body to create hydrogen peroxide and so a sick person may be deficient. Hydrogen peroxide in water is very stable and as the rain water flows into the ocean the hydrogen peroxide ends up in the ocean. As water evaporates, hydrogen peroxide evaporates and will survive steam distillation. In this manner, hydrogen peroxide travels around the natural hydrological cycle, acting as a natural disinfectant in the ecosphere. However, with increased pollution, the levels of oxygen and hydrogen peroxide in the air and rainwater are decreasing. Clean Drinking Water 30 parts per million is the concentration of hydrogen peroxide used to sanitize drinking water. Peroxide application is best accomplished by a metering device that keeps the application constant and thorough. - Dr. Donsbach, pages 53- 54. Hydrogen peroxide and ultraviolet light are a simple and effective combination for drinking water sanitation. A combination of ozone and ultraviolet light is also effective, though more complex. As an added benefit, these methods of purifying drinking water will kill parasites such as cryptosporidium that are not destroyed by chlorine. Some cities in Europe have been purifying their drinking water with ozone since 1901. "Ultraviolet light has been used in disinfection for many years and is, in fact, still used for that purpose. Any contaminated object, whether it be surgical instruments, bedding, room air, the human skin, or bodily fluids such as blood, can be cleansed rapidly of viruses and bacteria." Dr. William Campbell Douglass, page 11. The use of ultraviolet light to disinfect air could be used to good advantage in day care centers, school classrooms, hospice dormatories and other situations where people are sharing the same air. The spread of antibiotic resistant respiratory infections such as tuberculosis could be reduced by this technology. \*\*\* Dr. Douglass notes that UV light can disinfect air. This technology could easily purify air recirculating in airline cabins, helping to prevent the rapid global spread of airborne infections. The present situation is highly irresponsible. According to Dr. David Williams, airlines are "traveling disease factories". A survey found up to 41% of the passengers carrying some kind of respiratory infection and some people were found to be traveling with temperatures of 100 degrees F or more. "Airlines are the perfect incubators for the replication and spread of pathogens", writes Dr. Williams, due to the constant recycling of air in the passenger cabin. "It's easy to see how one passenger with a respiratory infection could infect an entire planeload of passengers." "Crashes and terrorists continue to frighten many people away from flying, but the hidden health risks associated with air travel should be more of a concern." - Dr. David Williams Swimming Pools "The therapeutic pool at Hospital Santa Monica uses only hydrogen peroxide as a purifying agent. Our office has been inundated with calls from homeowners who want to use hydrogen peroxide in their swimming pools. It seems that many are now tired of the chlorine which is a known health hazard. The average pool will require about eight gallons to begin with, then adding from one-half to one gallon per week to maintain a 30 parts per million concentration. This can easily be measured by using test strips available from... Lab Safety Supply PO Box 1368 Janesville, WI 53437 (800) 356-0783 www.labsafety.com Item #57790 Peroxide Strips 0 - 100 ppm 50 test strips for $12.95 + S & H You will have sparkling clear water, there will be no growth on the sides of the pool and, more important, you will not have red eyes from the irritation of the heavy amounts of chlorine in the pool water nor will your body be absorbing this dangerous chemical when you swim in it. NOTE: It has been estimated that full body contact for twenty minutes with chlorine-saturated water will allow absorption equivalent to drinking two quarts of the same water." - Dr. Donsbach, pages 48-49. You can find other suppliers of peroxide test strips by doing an internet search for "peroxide strips ppm". Farm Use Adding 30 ppm hydrogen peroxide to drinking water on farms causes: - chickens do not get avian flu - egg production goes up - chickens taste better - soaking decontaminates salmonella from broiler carcasses - turkeys weigh more on less feed - turkeys have lower mortality rate - hog meat is more lean and higher grade - reduce or eliminate need for antibiotics - increased milk production and butterfat content, decreased bacteria count - less mastitis - foliar spray for crops Other uses on farms (at varying concentrations): - udder wash - pipeline, milk can, & bulk tank rinse - converts crop residues into animal feed (soak crop residue in 1% solution for 16 hours to break down fiber so it can be assimilated) - power wash for barns, spray on floors & walls and leave until foaming subsides, then rinse - disinfect water on fish farms - reduced fungal growth on fish - fish packed in ice made from oxygenated water are better preserved - produce sprayed with oxygenated water lasts longer Hydrogen peroxide is just water and oxygen. It is harmless and will not show up on a chemical residue test. The same 30 ppm is used for all farm animals and results in increased oxygen levels in the blood and cells. - Dr. Donsbach, page 66. \*\*\* Increase crop yields by spraying them with diluted hydrogen peroxide. Use 5 to 16 ounces of 35% mixed with 20 gallons of water per acre. For houseplants use one ounce of 3% per quart of water or 16 drops of 35% solution per quart of water. - Dr. David Williams Caution For bulk application in swimming pools, drinking water and farm usage, 35% food grade hydrogen peroxide is available from chemical suppliers in 30 gallon drums or larger drums. If mistaken for water and swallowed, the 35% hydrogen peroxide can cause intense vomiting. If the vomit is inhaled into the lungs, death can result. Keep out of the eyes. It can cause blindness! Contact of 35% hydrogen peroxide with the skin can cause the skin to whiten and sting. Flush immediately with water to dilute and remove the hydrogen peroxide. - Dr. Donsbach, page 50- 51. "Recent advances in ozone manufacture and technology have created a great interest on my part in using humidified ozone by rectal insufflation. The methodology allows repeated treatment during the day without invasive procedures such as required to give an intravenous infusion. - Dr. Donsbach, page 66. It is essential that ozone generators do not produce electrical arcing, which creates nitrogen oxides that are highly toxic. - McCabe, page 92. "There are over 6,100 articles in the scientific literature dating from 1920 on the scientific applications of hydrogen peroxide. It seems inconceivable that the astounding medical cures reported in science journals over the past 75 years could have been ignored." - Dr. Douglass, page 19. "Unlike expensive pharmaceuticals, surgery, and other advanced medical modalities, these simple therapies are not going to fill the pockets of physicians, drug companies, and hospitals. Since those interests - primarily through professional, trade, and political action organizations - influence the direction of health care policy in this country, future research in bio-oxidative therapies will probably not be initiated by them. The future of alternative therapies like ozone and hydrogen peroxide is in the hands of the health-care consumer." - Altman, page 9. Fermentation and Cancer The ideal task of cancer therapy is to restore the function of the oxidizing systems in the entire organism. This, of course, is difficult to accomplish. It involves the following: 1) detoxification of the whole body, 2) providing the essential mineral contents of the potassium group, 3) adding oxidizing enzymes continuously as long as they are not reactivated and built in the body...This will create a near normal condition of the oxidizing system in the body, to which malignant cells with the fermentation system cannot adapt. - Dr. Max Gerson, page 7. \*\*\* Gaston Naessens invented an incredible microscope that allows living tissue to be seen at much higher levels of magnification (30,000X, compared to 1,800X with a classical microscope). His microscope uses light with a very short wavelength to illuminate the object, and then this light is converted to frequencies visible to the human eye. Hidden within the blood plasma he found tiny bodies he named "somatids". These somatids are observed to change from one form to another in a regular cycle. In a healthy person the somatids have a three stage cycle. In an unhealthy person the somatids have a 16 stage cycle. The critical impetus between stages three and four that starts the unhealthy cycle is fermentation. This fermentation is the result of sub-cellular trauma that can be produced in many ways including exposure to chemical pollution, radiation, accidents, shocks, depressed psychological states, etc. The 13 unhealthy somatid stages include forms identical to bacteria, yeast (fungus), and fibrous material (what tumors are made of). Bacteria can come from the outside or be internally generated and are not necessarily the cause of disease. Rather the bacteria are the result of disease, and the disease actually exists on a more subtle level, on the level of the somatids and the biological imbalance that permits the unhealthy forms of somatids to thrive. By studying the blood of healthy people and people with various diseases, Naessens found that he could predict diseases the healthy people were going to get based on the condition of their somatids. In traumatized animals, the somatids become highly active and begin to destroy the bodies of their hosts. Naessens has become famous for treating diseases by monitoring the somatids to determine the effectiveness of the treatment. He has successfully treated many thousands of cases of cancer, aids and other diseases. Somatids are fundamentally electrical in nature. Their nuclei is positively charged and the membrane coating their exterior is negatively charged. "Somatids are actually tiny living condensers of energy, the smallest ever found." \*\*\* Dr. Robert Beck, the inventor of several electro-medicine devices, tells how people using his devices visited a medical practitioner using the dark-field microscope invented by Gaston Naessens. The blood samples taken from the electro-medicine treated individuals were perfect. Furthermore, the blood cells were virtually immortal. When the microscope slides were sealed around the edges with vaseline so that the blood could not dry, the cells remained alive and healthy for many weeks. Ordinary red blood cells begin to decompose within four hours. \*\*\* The optical microscope developed by Royal Raymond Rife in the 1920s and 1930s also magnified living tissue about 30,000X. With his microscope, Rife was able to directly observe tiny organisms much smaller than bacteria that he isolated from cancer tumors, and the effect of various frequencies of electromagnetism (light) on these organisms. In this manner he was able to find a frequency that killed them. Using only light, he was able to cure cancer and many other diseases. Cancer patients were exposed to light of a certain frequency for three minutes every three days. After three months, fourteen of sixteen terminal cancer patients were fully recovered. Other diseases that could be cured by this method included tuberculosis, typhoid, leprosy, and hoof-and-mouth disease. The tiny cancer-causing organisms could be isolated from tumors, cultured, injected into healthy animals where new tumors would form, and then be isolated once again from the new tumors. When placed onto plant tissue, it developed into fungus. Under certain circumstances, the cancer-causing organisms would transform themselves into bacillus coli, a common intestinal bacteria. The ability of an organism to change from one shape or size to another is called pleomorphism. \*\*\* In the 1950s, Dr. Florence B. Seibert, Professor Emeritus of Biochemistry, University of Pennsylvania was able to isolate pleomorphic bacteria from cancer tumors, and also from blood samples from patients with varying types of leukemia. "One must always consider that most malignancies are accompanied by an immuno-deficiency...Therefore, we could be dealing with a microbe that finds such a host merely a suitable environment for habitation." - Dr. Lida H. Mattman "It was the chemical constituents and chemical radicals of an organism which enacted upon the unbalanced cell metabolism of the human body to produce disease...We have in many instances produced all the symptoms of a disease chemically in experimental animals without the inoculation of any virus or bacteria into their tissues." - Royal Raymond Rife. \*\*\* Candidiasis is caused by an overgrowth of a yeast-turned-fungus, and Chronic Fatigue Syndrome is associated with a virus (Epstein Barr Virus)...The fact is both Candidiasis and Chronic Fatigue Syndrome are very responsive to the use of hydrogen peroxide and thousands of individuals have had fantastic results using it. I have been so impressed with the results of the use of hydrogen peroxide that every cancer patient receives infusions of the 35% food grade hydrogen peroxide / DMSO mixture throughout their entire stay...it should be apparent where I rank hydrogen peroxide, since this is the only substance I use in EVERY cancer patient." - Dr. Donsbach, pages 7, 39-40. "Remember, where cells get enough oxygen, cancer will not, cannot occur." Dr. Otto Warburg, 1966 Recommended reading: Do a search of the Internet for hydrogen peroxide. There is a lot of information available. Altman, Nathaniel, Oxygen Healing Therapies, Healing Arts Press, Rochester, Vermont 1998. Bird, Christopher, The Galileo of the Microscope - The life and trials of Gaston Naessens, Les Presses de l'Université de la Personne Inc., St. Lambert, Quebec, 1990. Bragg, Paul, and Patricia Bragg, Super Power Breathing for Super Energy, High Health & Longevity, Health Science, Santa Barbara, California. Donsbach, Kurt, Oxygen, Oxygen, Oxygen, 1994. Douglass, William Campbell, Hydrogen Peroxide: Medical Miracle, January 1996. Dyer, Dr. David S., Cellfood, Vital Cellular Nutrition for the New Millennium, Feedback Books, 2000. Available from the author at drdaviddyer@earthlink.net. If you want to try an "oxygen supplement" you might consider Cellfood, which also contains enzymes, trace minerals and deuterium. Deuterium is the isotope of hydrogen that makes heavy water "heavy". Deuterium has interesting health benefits for many people, according to testimonials in the book. Do an Internet search for "Cellfood". Lynes, Barry, The Cancer Cure that Worked: 50 Years of Suppression, Marcus Books, June 1987. This is the story of the Rife microscope. The ability to cure disease with light has been suppressed by pharmaceutical companies and their stooges in the American Medical Association and FDA. McCabe, Ed, O2xygen Therapies, Energy Publications, Morrisville, NY, 1988. Page Summary Oxygen is at the very center of the cancer problem. The metabolism of oxygen was a great evolutionary leap allowing the transition from vegetative life to much more active forms of life. However, the anaerobic vegetative metabolism still lies dormant within every cell in your body and can become manifest if your cells are deprived of oxygen for any reason. Maintaining oxygen metabolism throughout your body requires that the entire oxygen system be maintained and function properly. This includes the quality of air you breathe, proper use of your lungs, the efficiency of your blood to transport oxygen, the alkaline condition of your lymph to transport oxygen from the blood to the cells, regular exercise to move the lymph, adequate nutrition at the cellular level so that the oxygen can be metabolized, and absence of toxins at the cellular level that can interfere with oxygen metabolism. -------------------------------------------------------------------------------- Off to a Fast Start...The Importance of Fresh Juices plus other ways to Strengthen Your Immune System You now understand the importance of more oxygen and more alkalinity. One of the key ways of increasing your alkalinity is drinking lots of freshly made fruit and vegetable juices. Some doctors recommend to cancer patients that they drink one 8 ounce glass of these juices each waking hour of the day. You could never eat the amount of good nutrition you will get from these juices. The juices are also incredibly important to strengthen your immune system. There is a direct connection between the strength of the immune system and cancer according to the American Cancer Society Cancer Book edited by Dr. Holleb that states "only when the immune system is incapable of destroying these malignant cells will cancer develop." So lets move on now to a discussion of Fresh Juices plus other ways to Strengthen Your Immune System. In 1904 there was very little cancer. Now there is an abundance of cancer. What has changed? Can this be reversed? If you have cancer or do not want to get cancer the information you and your family need is on this web site. | | | | |
|  | [Some Aspects of the Antiguan and Barbudan Way of Life Past and Present](https://www.abibitumi.com/community/global-afrikan-presence/some-aspects-of-the-antiguan-and-barbudan-way-of-life-past-and-present/#post-154912) | 35 relevance | 4 years ago | Ọbádélé Kambon, PhD | Global Afrikan Presence |
|  | CULTURAL HERITAGE Some Aspects of the Antiguan and Barbudan Way of Life Past and Present. African Influences Medicinal plants Rastafarianism Wattle Houses Villages Proverbs Expressions Oral History Music, Pan & Carnival Old Christmas Pottery Sports National Symbols Themes Warri National Heroes The following 'African Influences' and the description of how Emancipation Day was spent, are extracts from the Museum's new publication "AFRICANS TO ANTIGUANS: The Slavery Experience". SOME OF OUR AFRICAN INFLUENCES ... CUSTOMS - The art of bush plant healing is a relic from Africa and elsewhere. Gordon. Old people are acquainted with wild plants for certain diseases. AAII: 51. Masked costume individuals in Carnival originate from celebrations of the Yoruba, Asante of West Africa. W&H 1989: 72. Some Yoruba marriages were polygynous. "Outside children" are thus an African link. Gordon 1989: 25. Warri came from the Gold Coast. It is the name of a Niger Delta tribe. HAS NL #18:3. The shapes and methods used by Seaview Farm potters have African origins. Decorative punctuations in the pottery are of African design. The head was used to bear burdens, even cups or bottles. 3 or 4 year olds as well. AAII: 146. FOOD - Some foods that were brought to Antigua and Barbuda by the slave trade are Eddo, ochra, dasheen, eggplant, bonavista bean. Harris: 115. In Ghana, Ducana is Dokono and in the Twi language, Odokono. Fungi. H&W 1989: 77. MUSIC - The emphasis on rhythm and its expression, and frequent use of percussion. Call and response. W&H 1989: 76. RELIGION - Rastafarianism is an active religious doctrine with firm roots in Africa, within the Caribbean. Gordon 1989:34. Halie Selassie of Ethiopia became a messiah in spirit to the Rastafarians. Gordon 1989: 34. SUPERSTITIONS - Placenta buried in one’s yard, the dry navel put in coal pot and no fire to be taken for 9 days, has at times persisted. Adelaide Samuel, Pers. Comm. 1989. Jumbies (Duppies) are vindictive and mischievous spirits of the bush and graveyard. W&H 1989: 74. Obeah was brought from West Africa by the slaves. Drummond xiii. Obeah was formerly carried on to a great extent. Description and stories are given. AAII:50-54. Even in days of freedom people use Obeah. Obeah bottles are used to guard provision grounds. AAII: 52,54. CULTURE - The Akan people have a spider hero, Anansi. Ntikuma (Tacooma) was his son.W&H: 75. Names. African given names are used again today for example: Nsenga, Omowale, Keita, Ogwambi, Kwame, Nkosi, Malika, Kunle, Ato, Nekoda, Nyambi, Nkuma, Makeba, N'Jeri, Iyo. Pers. Comm. Janice Augustin Old time African names still used today are Quashy, Polydore, Pompey etc.See Telephone Book 2003. LANGUAGE - The Antiguan Creole today, has several words which are of West African origin, based on the tribes who came to the island. Here are some of them: Bassa bassa: "fooling around". Antroba= 'trober (plant). ETHenry Pers. Comm. with a West African. Catta: A wad of cloth placed on the head to facilitate the carrying of heavy loads. From Twi kata to cover or protect Congo: nkata Cum cum saw: Just come, thinks he knows it all. On-a-me=An na me (It's not me!" ). ETHenry Pers. Comm. with a West African. Dukuna: A small pudding made of varying mixtures of grated sweet potatoes, coconut, cornmeal plantain-flour. From Akan: doko na sweeten mouth Twi: boiled maize Ga: Adangme dokona Fungee: Boiled cornmeal From Twi: fugyee Yoruba: funje Kunumunu: A man easily controlled by a woman. From Yoruba: kunun, lacking in self-confidence. kong-kong-sa, to take sided, biased. From Twi Nyam: To eat greedily. From a number of overlapping African languages. Wagie/waggi/wajy: Used clothing; hand-me-downs. From Igb: wa, to divide. Je, to wear. Yabba: A round, open, earthen ware vessel used mostly for cooking. Varies in size. From Twi: ayawa earthen vessel or dish Yampi/yampie: Mucus exuded in the corner of the eyes especially after sleeping From Twi: mpe Warri: A game played with marbles or nichars. From: Twi: ware Fante: nware Sources: Dictionary of Caribbean English Usage: Richard Allsopp Colours and Rhythms of Selected Caribbean Creole: Joy Lawrence Some Antiguan Proverbs are stemmed from West Africa. For example: “When man dead, grass grow at he door”. AGRICULTURE - Slash and burn is still practiced. Huckster’s: the role of women in marketing is from Ghana. W&H 1989: 76. EMANCIPATION EVE 1834 July 31.Thursday—Some timorous planter families did not go to bed on emancipation night, fearing lest the same bell which sounded freedom of the slaves might bring the death knell of the masters. At the Wesleyan Chapel when the midnight bell started to strike the congregation fell to their knees to pray. Scarcely had the clock sounded its last note, when lightning flashed vividly around and a loud peal of thunder roared along the sky. Then came the burst they shouted, they sung, "Glory!", "Alleluia!" they clapped their hands, leaped up, fell down, clasped each other in their free hands, cried, laughed, went to and fro, tossing upward their unfettered hands, but high above the whole was a mighty sound … the uttering in broken negro dialect of gratitude to God. When the clock began to strike midnight, the people of Antigua were SLAVES ...when it ceased they were all FREEMEN! There had never been in the history of the world, so great and instantaneous change in the condition of so large a body of people. Freedom was like passing suddenly out of a dark dungeon into the light of the sun. EMANCIPATION DAY 1834 Aug 1st - On this day there was no frolicking, but nearly all the people went to church to “Tank God to make a we free! There was more `religious' on dat day dan you could ‘tink of!". Many planters went to the chapels where their own people were assembled, greeted them, shook hands with them, and exchanged the most hearty good wishes. The churches were thronged all over the island. At Grace Hill at least a thousand persons around the chapel could not get in. During emancipation day and night, not a single dance was held, nor so much as a fiddle played. There were no riotous assemblies nor drunken carousels. Gratitude was the absorbing emotion. Emancipation Day was celebrated very festively at Willoughby Bay (Bridgetown). The Wesleyan Chapel was all decorated with coconut fronds and at the schoolroom children and the elderly were entertained with cakes and lemonade. The first part of the day was spent in church, and in the evening people danced and were merry. Nowhere in the island was there any disturbance. After the holiday, labourers worked on equitable terms and sugar cultivation proceeded as before. Some slaves had avowed their intention of SLEEPING A WHOLE WEEK when freed, as if to prove to themselves and others, that they were truly MASTERS of their own bodies and time. Planters believed that after such a revolution as emancipation there would be some relaxation of labour during the week following emancipation. But at Dr. Daniel's estate (Weatherill's) of which he was manager, he found all hands in the field early on Monday morning. However at his own estate (probably Belmont) his people were standing with their hands on their hoes doing nothing. "What does this mean, my fellows, that you are not at work this morning?” They immediately replied, "It is not because we don’t want to work, massa, but we wanted to see you first to see what the BARGAIN would be". After that was decided on, the whole body of WORKERS turned out cheerfully. Mr. Howell, manager of Thibou Jarvis's Estate remembered arising from his bed on the 1st of August hearing exclamations of joy, "I am free, I am free, I was the greatest slave on the estate, now I am Free!”. MEDICINAL PLANTS 18. GO HOLLER Here is a list of plants sold at the St. John's Market, bought from Christophine Isaac of John Hughes, huckster about 40 yrs old and Eunice Chapman, also from John Hughes. The main informant was Edith Brown of Bolans, born 20 May 1915. Saturday 29th June, 1991. 1. JUSTICA SECUNDA Vahl St. John's Bush For Colds. 2. ARISTOLOCHIA TRILOBATA Sixty-six Fever. Cleans out the stomach, "It operate you!". 3. PIMENTA RACEMOSA Christmas bush "Put it in porridge or tea for taste". 4. PACHYSTACHYS SPICATA Gas bush Eliminate gas. 5. POLYPODIUM AUREUM Paulter parcher Cold, asthma, "shortness of breath". 6. PASSIFLORA FOETIDA Pop-pop bush Gas, colds, in pregnancy "Help baby move around". 7. OSIMUM CANUM Nu-nu Balsam Good for digestion. 8. PIMENTA DIOIA Bay leaf Same as 3. Pimenta racemosum. 9. PHTHIROSA CARIBAEA? Mistletoe Colds, diabetes, washing skin. 10. BAMBUSA VULGARIS Bamboo Coughs, colds, measles. 13. PLUCEA ODORATA Cattle tongue Asthma, tobacco subst,fever. 14. PHYLLANTHUS EPIPHYLLANTHUS Bilbush Colds, diarrhea,abortion, tea. 15. CYMBOPOGON CITRATUS Fever grass Colds, chills, fevers. 16. MERREMIA DISSECTA No-Yo Colds, coughs. 17. EUCALYPTUS Eucalyptus Colds, fever, malaria. 18. PICRAMNIA PENTANDRA Go holler Diarrhea, tea for biliousness, "Good for anything" RASTAFARIANISM The Rastafarian movement was developed in Jamaica in the 1950 's and spread throughout the West Indies. The word means Head Creator, which continually reminds Rastafari that they are the ones who have chosen the task of saving, guiding and protecting mother nature. It is a biblical religion emphasizing life, love and peace among all living creatures. By practising "cultural resistance" and self-reliance, the Rastafarians use natural foods (ital) and herbal remedies, avoiding consumerism and other modern practices. The Lion of Judah is portrayed in paintings and poetry, is of great bodily strength, mighty roar, intelligence and total movement. His mane resembles the unique Rastafarian hairstyle of 'dreadlocks' and his proud and dignified gait is imitated. Rastafarianism is synonymous with Haile Selassie, Emperor of Ethiopia, who is believed to have united the human and animal worlds. His name means Power of the Holy Trinity, jah Father, the Son and Holy One. Rasta live by his teachings and are inspired by his works established for us his anointed Saints to continue and complete when mankind is free. The Four Colours used in decor and clothing are: '" \n".self::process\_list\_items("'.str\_replace('', '', ' [\*]Red for the blood of the Martyrs and Slaves [\*]Yellow for the Fullness of the Sun [\*]Green for the Land [\*]Black for the colour of the skin ').'")."\n "' Reggae is a popular music form emerging in Jamaica since the 1960's. It is: "The music of blood, black reared, pain rooted, heart-geared", (Linton Kwesi Johnson in 'Bass Culture'). It expresses belief in Africans and opposition to their exploitation in the New World. It was popularised by Bob Marley, who aspired to change the world through principles of love and liberation of all people. Marley made reggae music as well as Rastas, internationally famous. Cannabis (Ganga) is treated as a sacrament, the 'Holy Herb" or "Wisdom Weed", was used for rituals only. WATTLE HOUSES In the 1940's conditions of extreme poverty existed in Antigua. The people's rural cottages were made of wattle and daub: woven sticks plastered with mud and roofed with cane trash. It was not unusual for a family of six to eight to inhabit these cramped one-roomed dwellings. Often the floors were bare earth, which sometimes hosted biting insects called jiggers. Clothes were supplemented with articles made with burlap sacks, known locally as crocus bags. Later, old flour bags were used. House wares were of folk pottery and the hollowed out shell of the calabash gourd. A smoky light was obtained from a rag stuffed in a bottle of kerosene oil, called a flambeau. Working hours were long, from 6 am to 5 pm. Devoid of sanitary facilities, it does not take too much imagination to appreciate the unhealthy and socially impoverished situation which prevailed under such living conditions. It was when two hurricanes ravished Antigua and Barbuda in 1951, that most of the wattle and daub cottages were blown down, never to be rebuilt. The 1950's did indeed begin to show a new awakening for Antiguans and Barbudans in their work and living conditions. Old time Antiguan names for these cottages were: 'Trash Houses' and 'Stand back 'n Fire'. 454 PROVERBS A good kip (kept woman) better than a bad marriage. A little is betta than nuttin'. A no ebery day rain come light. A pound 'ob fretment, no pay for a gill of debtment. A word bettah dan a wink fo' a blind horse. Absence of body better than presence of mind. According to your act you get you wack (You're dealt with according to your ways) After cloud, clear wedda (weather). After laughter cometh tears Ah no wanting a tongue mek cattle can't talk (It's not wise to say what one tink) All cassada got de same 'kin, but all na hab de same tas'e. All good night no mean goin' to bed. Alligator lay egg, but him no fowl. Alligator n'yam crapaud fo' bellyful, an' drink fo' sweet mout'. Always try de water befo' you jump in it. Ants know hard time a'come dat mek he does carry plenty food fo put in he house. Anybody trouble me, I no see him, but me tell him howd'ye if we meet a pass. Back can wait, but not belly. Bad luck a obeah. Bad name nebber kill rat. Bad pasture mek sheep shabby. Bad picnic an' young mule a one. Bad 'ring nebber die. Bad t'ing hab no owner. Bald head soon shake. Barkin' save a bitin'. Bat trus' he'self to me to mek he hang a' raftertop. Beautiful woman, beautiful trouble. Beauty without grace is like a rose without t'orns or smell. Because parrot mek noise dem say a he one eat banana. Bef' face an' behin' back no' a one. Before wedding it is 'me dear', after wedding it is 'you brute'. Beggah dat beg from beggah nebber grow rich. (Beggar) Beggar a look for work, but a-pray for no get am! Behind back hab no ear. Belieb half what you see, nuttin' what you hear. Belly - full tell hungry - man 'kip - heart' Bellyful bruk pot. Bellyful man tell hungry man 'Keep heart buddy'. BessieH Betta fe be lion-hearted gan pig-headed, Betta fo' see some'ting, before some'ting see you. Betta fo watch banbox full ob cockroach dan watch wan gal. Betta for dem larf afta you when you right dan cry ober you when you wrong. Bettah a go a heaven a pauper dan Hell a Rectah. Bettah fo' beg dan to borrow. Bettah fo' keep one cat dan fifty mouse. Better belly fe' bus' dar good t'ings pwoil. Better fe short ob pence dan short ob sense, Better man belly bus' than good food waste. Big house hab big 'tory. Big promise mek fool many. Big ship need big water. Big story choke darg (dog). Big word bruk no man's jawbone. Big yeye choke mangy cat. Bird sing sweet fo' he own he nest. Bit-bit make poun'. Black fowl can lay white egg. Black man tief, him tief half bit, bucra tief himself whole estate. Blind man see neighbours faults. Boat sail too fas' go under water Bottle no hab 'toppa belong to cockroach. Brag is bery good darg, but hol'fast is better. Braggin' ribah bebber drown somebody. Brick 'pon brick mek house. Bull frog say him a man, but he buil' house 'pon sand. Bull horn nebber too nearby fo' bull head. Bull loose a' pasture, man no boun' for walk close to he. Bush heb yeye. Buy beef you buy bone, buy lan' you buy rock 'tone. Buy you' own n'yam (food), n'yam according to you' pocket. Calabash a float a trench but can't float a ribbah. Calabash outside green but him belly white. Cane no grow like a grass. Can't help"" no do for purpose." Cat foot dof', but he 'cratch fo' true. Chain fall down, bench get up. Cheap bargain tek money Choose a wife on a Saturday, nebber on a Sunday. Clothes cover character. Cock grabble, hen grabble, picnie grabble, then dey can't sleep hungry. Cock mout' kill cock. Cockroach ha' no right in fowl house.(You no right to meddle in others business) Cockroach nebber hav' de right before fowl. Cocobeh follow yawes (Troubles do not come singly.) Com-com-sah (to carry favour) worse than obeah. Come see me is one ting; come live with me is another. Constant dripping wear away stone. Cousin fowl mek bery good soup. Cow dat belong to butcher, he nebber say him bery well. Cow hab no bisness in horsa-play. Cow say "''Tan up"" don' mean rest." Crab know 'e back no strong so 'e no go under rock Crack ball nebber men'. Cruppo no jump yhem picknie walk (Children usually follow their parents footstep Cry-cry picknie nebber hab night. Cut copse fo monkey to run. Darg (dog) bark nebber frighten moon. Dark night hab no gub'nah. Dat time roach had dance, he no ask fowl for to come. Dawg ha money he buy cheese. De bird ob field mus' hab weed. De first time ant tas'e molasses, he mash he 'kin in it. De same knife dat cut goat t'roat can cut sheep t'roat. De sea en'got no back door! (If you get in, there's no guarantee you'll get out) De ship nebber sail too far from the block. De stick which knock the wild goat will come back and knock the tame one. De way puss walk, a no so he jump. De wisest of man is sometimes a fool. De worse o'livin' better than de bes' o' dead. Dem dey and bad egg an penny (There are worthless, good for nothing people) Dey take you out-a yo parents' house a June rose.When dey done wid you you..... Don' brek down de bridge you mus' cross. Dont' talk cattle on cattle back. Dress dung to your teeth (Nicely dressed). Drunk or sober, study your bar (Always keep a cool head). Duck and fowl feed together, but dem no' roost together. Dutty water cool hot iron. Ebery darg (dog) know he dinner time; puss him four o'clock. Ebery shut-eye na sleep. Ebery time fowl lay egg e' try to tell the whole world. Eberyday der debbil no help tief, one day God help watchman. Empty bag can't stand. Empty vessels make most noise. Every bully have them cooler (meets his match)(Mongoose on snakes) Every day a fishing day,but no other day a catching day(Tings not always bright) Every day bucket go to well; one day rope mus' cut. Every dog is lion in he own backyard. Every good fungi no meet good pepperpot(Not ev.person meets a suitable companion Every skin teeth na laugh. (All smiles may not be genuine) Eye fraid work. (At first glance a job might seem difficult than itin fact is.) Faraway fowl hab fine fedders. Firs' laugh a no laugh, a large laugh a de laugh Force make water go up hill. Workers started to stand up for themselves Fowl say him go to bed early for fear of confusion. Friend in court better than money in de pocket. Frog nebber gargle he t'roat till he tas'e fresh water. Fry de big fish first, de little ones after. Fu true, fu true (its the truth)- Every dog have dey day- Dog cheap(Very cheap). Furder in the copse better de shady. Gi nigga a' inch an' dem tek an ell,gi' dem a' ole grey horse an' dem ride he Gib a t'ing an' tek back a t'ing, dat a bad man's play-'ting. Give Jack e' jacket (Give credit where credit is due). Goat no go to war, but him send his skin. God pay debt without money. God-amighty nebber shut him eyes. Good friend better dan money dey a pocket. Good fungee nebar meet good pepperpot. Good me do, t'anky me get. Good nature mek nanny goat bawl out ob door. Good owner mus'n't hab 'tingy oberseer Good sometime' easy for' 'fling 'way but hard fo' pick up. Good wife bettah dan station waggon. Greed choke puppy. Guinea bird keep company wid fowl when his foot bruk. Guinea-pig say he no want 'tory, dat a mek he hab no long tail. Half a loaf of bread,beg s'mody buy it, but if you wan' whole loaf buy it you'self Han' come, han' go. (You help me and I will help you) Han' go a buff - go a nigger house Hand go, hand come. Handsome woman, handsome roque. Hang yo kokatoo where you can reach um Han'some face an' good luck a no all one. Hen grea fo' hatch duck egg, but she no 'grea fo' tek duck picnea fo' swim. Hen nebber mek chicken too hot. Higher monkey climb de more he show he arse. Hollow gourdie mek de most noise. Hungry belly an' full belly no' walk one pa. (road). Hungry belly may no' know soup no sweet. Hungry man got no massa. I believe that planting sucker follow the root If bad name could kill ratta, all ratta would go dead. If bee didn't hab 'ting, he would not keep his honey. If big breeze blow wat anchor, wha you 'tink ob fowl fedder (feather). If crab no walk he no get fat;if he walk too far he fall in de pot. If man can' dance, him say de music no good. If man no walk at night, he no know dat puss hab cockeye. If niggah hate you, he gib you basket for carry water, but if you clever you pu If nightingale sing too much him kill him mumma (jealousy). If you call tiger massa, he willin' to n'yam wid you. If you can't be a figure don't be a naught. If you can't get turkey, satisfy with cock chicken. If you heb glass window, nebber t'row stones. If you heb no door fo' shut, shut you mout'. If you keep you fingernail clean you can put it in gentleman's dish. If you lie down with dog you get up wid fleas. If you lub good fo' yourself, you mus' lub good fo' you' frien'. If you nebber put on ledda (shoes) you will nebber feel de pinch. If you ride de harse (horse), you mus' pay to shoe him. If you try to play warri with God you will get no seed (See meaning) If you want to hear how de story go, wait 'til quarrel come. If you want to know how ole woman' tongue long, you mu' pull she jigger out. In for a penny, in for a pound (Go to the limit and bear the consequencies) Is not every shine teeth a good laugh (Not all that smiles with you mean well) It isn't one time dog want bone (You'll need something else again) Jackass say dis world ain't level. Jill-pot turn down, pot-bottom turn up Jumbie know who foo freiken a foreday morning(Keep off peoplewith exagg.behavior Jumbie know who foo friken a foreday morning(Keep off people w/exag. behaviour). Jury gone upstairs. (Nothing is in the house for me to eat). Keep you' secret in you own gourdy. Kill mooma gi'e pickney -pickney nyam umarf.But kill pickney gi'e moonma-mooma.. Koo de pah (Look at the road or path) Lazy niggah mek good driver Lil pepper burn big man's mout. Little as darg (dog) flea be, he can mek big man jump. Little axe cut down big tree. Live horse an get grass (Live according to your means) Lizard nebber plant corn, but him hab plenty, Long time"" is bery long rope" Man got too much tongue, him pay him daddy's debts. Man nebber know de use of water, till him tank dry. Man's neighbour bettah dan far off bruddah. Market place a'woman's Court House. Marriage he teet' and bite hot. Marry you darter when you can, you son when you choose. Me lub picnic, but me know n'yam wid dem. Me na cut me nose foo spoil me face (I can't give away what I need for myself) Mek friend when you no need dem. Mek sure better than cockshure. Mischief come by the pound an' go by the ounce. Monkey know what limb to jump on (Consider your actions carefully) Monkey nebber so drunk to go to sleep front a darg (dog) kennel. Monkey see monkey do (We are copy cats) Moon run fast, but day ketch um. (One day your evil will catch up with you!). Mouth open, story jump out. Muzzle dog no catch rat. Na ebery big head got sense. Nannygoat nebberscratch him back till 'e see stone wall.(Await the proper opport Nebber ask goat for trustee for breadfruit tree. Nebber call centipede name. Nebber mek you sail too big fo' you ship. Nebber mek you' sail too big fo' you ship. Nebber min' how cockroach drunk, he nebber pass fowl yard. Nebber tek a man by he looks. Nebber trow away you walking stick till you cross de river. Never drive fly from odder man's cow skin. New broom sweep clean, but de ole broom know de corners. Nigger dat don' eat pepper an salt, doan' trust he No all horse get firs' jump a-win race. No cuss alligator long mout'. Till you cross ribber. (River). No fisherman say he fish stink. No hang you cattacou where you carn reach it (Don't live above your income) No man too old for ole maid. No mek sweet mout' fool you. No mind"" mek ship run ashore." No put you'self in a barrel if matchbox can hold you. No trow away you belly and tek trash 'tuff um(Don't give up certainty for uncert No trus' pigeon in a cornfield. No wait fo'get day tomorrer, tek time an' get there today. No'hang you' clothes 'pon wan nail. Nonsense man eat soup wid fork,rice wid pin, eat parch corn an' lik' him finger. Not fo want o'tongue why cattle don't talk Nuh count ya chickens before dem hatch(Don't celebrate your gains before realis Nuh stick your nose in a eye hole.(Don't give yourself undue tasks,you can't do) N'yam (eat) some today, leave some for tomorrow. N'yam some, lef some till tomorrow. Obeah man's daughter always pretty Old fire tick no hard fo kindle (Old friends are easy to reunite) Old guitar make very nice tune. Ole grudge, fresh lick. Ole rat eat new cheese. Ole woman want to cry, she say a smoke a dim she eye. One dry stump a cane piece no fo laugh when cane piece ketch fire One han' can't clap (We need to help each other) One one full basket One rotten sheep will 'poil de whole flock. One s'mody can quarrel. One time"": nebber done." One, one full basket (Good things come slowly) Only food put puss to watch milk Only shoe know if stocking heb hole. Only when you mash ants you know what in he belly Orange yeller, but you don' know if him sweet, Padlock you' tongue, or it lock you up. Parson carn' preach wid dirty collar, for all yeye dey 'pon him. Parson christen he own pickney first. (Everyone looks to his interest first!). Patience man drive pickaxe Patient man ride jackass. Pay de doctor and praise de Lord. Pay today, trus' tomorrow. Peacock hide him foot when he hear about he tail. People min hungry and hungry make rata a-bite baking stone Picnic pig say to dem mamma""Wha mek you' mout' long so"", Mamma say ""Wait chila" Plantain sucker follow de root (Children follow the example of theirmothers) Plantain sucker tek atta de root Play wid monkey, but no play wid he tail. Play wid puppy an' puppy li'k you mout'. Play wid puppy, puppy lick yo' mout'; play wid big dog, big dog bite you. Prayer need not be long when Faith strong. Pretty pol say he a dandy man. Prevocation mek dummy man talk. Puss an' darg (dog) no heb the same luck. Puss hab no han' but he take he foot fo' lick he face. Puss may look like a King, but he rader rattah. Puss n'yam rattah, tell him say rattah tail 'tink. Quick cent betta dan slow dollar! Ram goat may he soonah dead,before afternoon sun catch. Ram-goat no cry fe he skin, he cry fo' he livin'. Rattah nebber mek noise in a puss ear. Rice what bubble in de pot, lie flat on de plate. Ripe pear no know him danger 'til mout' catch him. Rock a bottom riber nebber feel how sun hot. Rock ston' dey a bottom ribber nebber know what rock 'tone 'pon roadside a feel. Rum done, fun done. Run from coffin an' you butt up wid jumby Salt nebber say himself sweet. Same cry at Murro is at Briggins (Troubles are the same all over) Same stick beat wild goat beat tame one. Sarfley, sarfely ketch monkey. Saucy s'mody always trouble. Say some and lef some (Do not tell all you know) Scornful dawg eat dirty food (The proud are bought low) Seb'n years no nuff fo wash freckle off a guinea-hen back. See an be blin', hear an be deaf. See de candlelight befo' you blow out de match. Seven year' no nuff fo' wash freckle off a' guianea-hen back. Shapes & methods at Seaview Farm have African origins.Punctations African design Sheep an goat no all one. Ship won't heed to the rudder, rock bound to pick him up. Shut mout' no ketch fly. (Nobody can blame you for things you never said). Sickness come pon top a sore toe (Troubles follow each other) Sickness ride horse come an' tek food to go way. Since 'beg pardon' come a fashon, li'l boy mash big man's foot. Sleep hab no massa. Some Antiguan proverbs are stemmed from West Africa Some do well, some catch hell (Some get along financially, while othets starve). Some fowl don't want feddah, dem want corn. Some whiskey burn you pocket, some yo troat. Sometimes 'tandin' collar 'tan top a empty stomach. Spider an' fly can't mek bargain. Stan' furr, see better Stan' stiff and die strong. Still tongue keep wise man head Stone under water no know when sun hot (You live too much a pampered life) Sugar barrel nebber 'mash out. Sweep you own front door, before you sweep fo' me. Sweet tongue hide black heart. Sweet wood blaze, but him no keep fire. Tan safely bettah dan beg pardon Tark ob de debbil an' you hear he wings. Tek care is de mudder of safety Tek time, walk fast. Ten suit a de tailor betta dan one suit a de law. Thanky today is not thanky tomorrow. Thanky"" no buy half bit of bread." The death of wilks make soldier crab get shell The further you walk in the bushes,better shady you find(More U dig,more U find) Tief from tief mek God-Almighty laugh. Tigar (Tiger) sleep but he tail shake. Time longer than rope (You can't beat time). To get the egg you ha foo stan'de hen cackling(Bear w/rebut til U get what want) Tomorrow is de border line ob de fool. Too much bed make head dull. Too much good buoy can buy jackass. Tree look eber so soun' till woodpecker know what fo' di wid him. Trouble dey a bush, anansi bring a dey a house. Trouble mek' ole woman trot. Trouble mek puss run up prickly pear. Trouble nebber blow shell when dey come. Trouble never set like sun. Trouble on' sea no got back door. Turtle say he no de 'tory dem a mek, so he walk out. Two bull can' stan' a one pass (place). Two man crab can't live in de same hole. Ugly face no mean ugly heart. Wa bun nose mek eye run water Wa eye no see heart no grieve (What one doesn't see, doesn't bother one) Wa fly min do before ol'lady eye run water? (See meaning) Walk'bout fool better dan siddown fool. Watchman sometime a de bigger t'ief Wha' de use ob you shawl when you character gone. Wha mout say backside pay fah (Sometimes one talks things to one own hurt). Wha' sweat a mout', sometimes hot a belly. Wha' you lose in de jig, you gain in de reel. What come off de hill fall in de valley. What is fun for a dog is death to a mongoose What na kill, fatten. What pussy lef' dog well want. What sweet in de mout' is sour in de belly. When bottle coma, you tick an' all get drunk. When bull an' bull meet, dey call watty ""Bro""." When bull darg (dog) seek him wear puppy darg breeches. When chair fall down, bench get up When chicken tie up cockroach wan' explanation. When cowtail cut off, God a'mighty brush fly. When crab know he back soft, he stop under rock. When darg n'yam egg, he nebber stop. When dog mawger (thin and skinny) him head big. When fish come outta sea an' say whale has sore eye an' runny nose, you believe. When fowl drink water, him say ""T'ank God"", when man drink water him say nutting" When fowl merry, hawk ketch him chicken. When fowlscratch up toomuch dirty,he run de risk ob findin' his grandma skeleton When han' full, him heb plenty company. When hog n'yam potato, him n'yam 'kin and all. When horse no dere, jackass tack firs' place. When horse see dead in he eye, he don't care where he t'row de rider. When man dead, grass grow at he door. When man hab trouble, 'voman tak it mek larf. When man know he chairback no'trong, his shouldn't lean back. When me done wid sardine me no meddle with the tin (Reviving relationship,danger) When mischief maker meet, de debbil (devil) go to dinner. When niggah happy him tell gub'nor good morning. When puppy get plenty milk, he make up he face at soup. When puss gone, rattah tek house. When puss hab money, he buy cheese. When rain fall an' sun shinin' , a den de Hebbil licken' he wife. When ram foot bruk, he find he massa door. When ribber come down stone mouth full. When sheep mek dance, goat heb no brainess dere. When sun go down fowl nebber grabble for he chicken,he den grabble for he self. When tief tief from tief, God laugh. When turtle come out ob pond, an tell you alligator hab sore yeye, belieb him. When you go fo' dig one grave, na dig one - dig two. When you got money door open, when you no get, door shut. When you hab plenty, member rainy day. When you hang clothes outside, look out for rain (Be careful at all times). When you heb de debbil to deal with, feed he wid a long spoon. When you own louse bite you, he bite fo' true. When you pot full, cover n'yam some. When you put han' in flour barrel it goes to wrist,when neighbors to you elbow. When you quarrel wid you friend den you know how much dem know 'bout you. When you sleep with darg (dog), you ketch him fleas. When your neighbour beard(or house)catch fire,wet fo you Where goat tie, a dey dem feed (People act according to their surroundings) Where you see sugar, a dere you see fly. Where you tie, you feed. (Can insinuate, thieving from your employer) Where you trow water it run, but where you trow blood it settle. Wherever smoke there, fire there White man's meat is black man's poison (Higher society gets away with it!}. Why look in de dark wid fire-stick, when it ha' broad daylight to do it. Wilful waste makes a woeful want (One's extravagance leads to desperate want). Wise capt'n carry me fallas' dan sail. Woman tongue like harse (horse) a-trot. Woman' tongue sweet fo true. Wuk older than you. You can hide from t'ief, but you can't hide from liar. You do more barking dan wa bitin' (You talk more than acting) You eber see puss refuse butter? You eber see puss run up prickly pear bush? You go drink water before you reach a pan (Get pregnant while you very young) You have to learn to such salt (You have to learn to sacrifice). You kill me cat, me kill you cat (What you do to me, I'll do to you) You kill me cat, me kill your cat (You hurt me, I hurt you back). You know Arthur? (I'm not talking to you). You mus'learn to see an'no see (See things and say nothing). You nar lib too shave you beard. (You will die young). You nebber see pop-gun kill alligator.(Don't send a boy on a man's errand). You no expect anything from one hag but one grunt (see meaning) You play wid tar you mus' black your finger. You play wid tar, you must black your face. You see eberybody a run, tek time. You shake man han' but you no shake he heart. 76 LOCAL EXPRESSIONS (Past & Present) "Can't mash ants"-Too dainty to even step on something as non-threatening as ants. "I can tell it's Warneford coming by the way he t'row he foot!". "I have a shilling in hiding to have a pant built". "I saw him driving like a naked soldier" (Fast like a US soldier from the WWII US base, alone in a jeep). "Me na hab no fridge", means a person does not hold on to anything. "Naked rum" (Straight rum) "Naked soda", "Naked water" (no land in sight at sea). "s", "th", "y" not pronounced, eg "'tory", "de", "noung". (1843). "There were naked guesses at the wedding!" So many guests (nothing but..) "Tongue no hab no bone" + "Long grass carry news!". (Why) - People like peas (A large crowd) - You drop someting (You forgot to greet). ...apprenticed as a carpenter and "walking for confirmation". 1840 c. A description of an albino or "Dendo" at Mayers estate called "Wonder". 1843. A "beetle" is the baton clothes were washed with against rocks near ponds. 1843.The negroes make rope and baskets which are called "Catacous". 1843. A beggar was a "bottom-foot buckra". A gesture of shock/surprise of what heard, eg."Quarkoo, look a'muddy!" Aboo - A chalk like stone used to write on slates at school. All ah dem backbita (They are all slanderous ill-speaking people). Bakkra - white plantation owners, whites. Bassa bassa="fooling around". Antroba= 'trober (plant). Bawl plenty - weep for a long time. Big seed - hydrocele (accumulation of serous water in the scrotum). Blue Tuesday - after a public holiday people took off the Monday. Breeze off - take a rest. Bull work - hard physical work. Butt up with - to come in contact with. Cocobay - leprosy. Coffee woman - fortune teller. The people believed in superstition & the rituals. Compliments of the season given for a donation. "Long life & crosperity!" (sic). Cum cum saw= Just come, thinks he knows it all. On-a-me=An na me (It's not me!" Dem a fu kip a arms lent (To avoid coming in contact with a person). Dip mouth in - to intervene. Dotish - subservient. Down wet-up - to throw water at. Dress to you teeth - Me na know wey dat dey (Don't Know where it is). Drop the ball - to be replaced. Dunkey pumps - A kind of lamp made by the people. Fu true, fu true (its the truth)- Every dog have dey day- Dog cheap(Very cheap). Get licks - get blows. Glee turns to pain - from joy to sorrow. Grow potato-Under your neck you can grow potatoes after not having regular baths. Half-land - work a ground with half share to owner (usually 2/3 to massa!). Happy-go-lucky = as luck would have it! Hard enough - strong enough. Hashum - corn roasted and ground with sugar. He neither drank nor smoked and was very "mannersable". Kooka bendal - uncovered place for the disposal of human waste and filth. Man min naked and hungry - privation for so = Desperately poor and hungry. Massa king and king do no wrong! Me done see betta days! Me go gibbet you - me go kill you. Me na know wey dat dey!(I don't know where it is!) Mek me show you(Let me show y Mek me show you - Jus cross dey! - Wan ton ah people (A lot of people). Melle around town - talk of the town. Melle man - well informed about other people's business. Montula - "If you bother me you won't even get to walk the last mile to Montula". Moonlight bright like a goo'back = moon shines like the Bible (Good Book). Negus (named after Col. Negus) called "Sangaree", spirits and wine a "Swizzle". In 1843, old people were called: Daddy, Grandy. Mid-aged: Uncle,Auntie, Young: Buddy, Sissy or See. Old time people say "Needle and pin, when man marry trouble begin!" Planters kill king and rule country = Planters were all powerful. Pond water - a crapaud and animal waste water, man use it and survive. Rush - Miss Jenkins made gone cakes.She sure had the rush (was popular) Sarbice to oneself - recover from blows. See how town tap - see how St John's was like. Sha-sha - corn bread.(Once given to Gov.Strickland on a historic site tour). Shoot hard labour - to work hard at physical labour. Smady - somebody. Sugar in its liquid state was called "Sling". Tango - meat from old cattle Wagy - clothes...hand-me-downs Wah mek? (Let me show you). People like peas (A vast crowd). 1843. We hab, but ah we no know who we go (Will suffer because afraid taking chances). Windward & Leeward means east and west. One "fires" a stone. Men servants were "boys". Wipe foot from - not go back to. Yu nuh no you ass from yu tail (You don't know what you are about). HISTORY OF CALYPSO In the 18th century, in the French colonial islands, slaves were barred from taking part in Carnival celebrations. They celebrated secretly in their backyards. African drumming, dance and song depicting their African Culture vibrated from their backyards. "Le vrai"- (singing the truth) was the slaves' hilarious way of mocking their masters in song. FROM BENNA 1834 to CALYPSO 1985 Benna derives from a West African word for song-dance that the slaves brought to the West Indies. It was a lively melody set to simple repetitive lyrics that dealt with a specific topic. Introduced during post slavery life, which was little different from that which existed before, emancipated slaves had to find an outlet, other than through religious song, to express themselves and to forget about the social ills that existed. Music that was simple and free, entertaining yet functional, was an obvious vehicle. Benna dealt with the bawdy, the scandalous, the cruel and occasionally the humorous. Benna provided slaves with a common voice. In the 1900's, benna evolved to becoming the newspaper of the people and provided an often illiterate population with rapid transmission of information. The earliest traceable record of Benna song states - "Emancipation day is past, massa done cut naygra ass. In the 1940's and 1950's, a fearless character, John Thomas called "Quarkoo", sang "Benna". He composed and sang on the spot. His songs gave details of events ranging from the gruesome murders and courthouse trials to scandalous husband/wife infidelities of the upper and middle classes in the society. Some of the lyrics to his songs landed him in prison. Today, calypsos are used as a basis for critique and open commentary, mainly political and social. The use of double language, metaphors and folklore has protected the performer from censorship. In the 1960's, tourism and the influx of North American visitors to our shores recognised the need for organised entertainment in the new hotels. The first calypsonians performing in hotels were Dadian, Black Shirt, and Skeetch. Accompanied by a string band consisting of two guitars and a bass made from an empty oil drum with a string attached, they sang about "Slap in han"- a song about a woman being slapped by an unseen hand. Many persons thought that this was a sign of obeah. 1957 saw the first Carnival in Antigua, and Styler won the first annual Calypso King competition. The mid-fifties heralded the emerging national consciousness expressed in calypso. A series of political and union victories against the colonial administration and sugar syndicate were expressed in calypso as patriotism, love of beauty of country. The 1967 Calypso competition reflected this with "Beautiful lovely Antigua" by Swallow, "Prosperity" by Lord Lee and "Antigua where land and sea make beauty". 1957 -1965. Lord Canary and Zemaki performed the best music of this period, whose rivalry laid the foundation for the Swallow/ Short Shirt confrontations fifteen years later. 1964-1988 King Short Shirt and Swallow battled for the Calypso King of Antigua honour. King Short Shirt had won the crown fourteen times including three hat tricks. 1985 saw the emergence of The Burning Flames winning the road march with their composition of "Styley Tight". An electronic band made up of four persons, playing standard calypso rhythms associated with the three-note bass-pan of the early steelband. STEELPAN The steelpan is indigenous to the Caribbean. It was introduced to Antigua in 1946 and plays a great part in the culture of the Island. How steelpans or steeldrums are made. Each instrument starts with a 55 gallon steeldrum. The face of the pan is countersunk and shaped into a shallow basin using four different sized hammers The notes of the steelpan are patterned with a dull nail punchThe bottom of the barrel is cut off at the desired length. How steelpans are tuned The notes on the steelpan are “hit up”for tuning by balancing hammer blows from the inside and outside. Each note is tuned by ear using a pan stick and hammer. The pan is tuned again before a bonfire a thirty minute firing. The steelpan is left to cool - after which it is ready to play. “You may play the pan - but softly” CARNIVAL HISTORY In June of 1953, to celebrate the Coronation of Queen Elizabeth II, a carnival was organised. There was a parade of floats, troupes and groups, and a children's Carnival. It was not until 1957 that Antigua would celebrate its first Carnival that has continued to this day. August Monday was a public holiday granted for celebrating emancipation of slavery. This was celebrated at Glanvilles pasture where brass bands played. Later in St John's, traditional characters such as the John Bull, the Moko Jumbie and iron bands would parade through the streets. The Carnival Committee, headed by Mr. Ferdie Shoul, approached the Government for support in declaring the Tuesday after August Monday a holiday so that Carnival could be celebrated over a two day period. But sugar cane was the main crop on the island and the Antigua Sugar Factory management felt that production in the cane field would be seriously affected by the two day holiday period. Finally it was suggested that if the sugar cane production could be speeded up to finish before August Monday, Carnival celebrations on both days could serve a three fold purpose. \* To celebrate the after crop season \* To observe the emancipation of the slaves \* To attract visitors to Antigua in an off-season period. 1957 Carnival - A Queen contest and a calypso contest at the Deluxe Cinema were the only shows held. Groups and troupes together with floats sponsored by the business community took part in the parade. The U.S. Navy and Air Force entered an annual float in the celebrations. Over a period of time a Carnival city was established at the Recreation Grounds. Colourful masterpieces were designed and built as stage settings. All the major shows and parade of troupes were held at the Carnival City. CARNIVAL COSTUME HISTORY The early years of Carnival saw the assemblage of lots of cloth, shiny materials and cardboard fashioned into headpieces and body suits worn by the masqueraders. In the sixties, the historical band "Pageant of Sienna" featured Roman helmets, herald crowns, herald trumpets, and Roman breastplates made from copper and brass by Frank Agard, a metal craftsman living at the Point. The seventies ushered in the wire bending skills of craftsmen, as wire was bent and formed into a design and covered with shiny materials and beads. Styrofoam, sponge, and glitter added to the array of materials. The eighties introduced manufactured items as aluminium and fiberglass rods. Bigger costumes were being made; poles were attached to the frames to which materials were added resulting in a fan-like shape. The Transition of Costuming Cost - In 1957, Gloria White was crowned Carnival Queen. Her costume entitled "Traffic Cop" was designed and made at a cost of EC$150 by E.T. Henry. In 1991 Jacinta Osborne was crowned Carnival Queen wearing the costume "The Jewel of the Peacock" designed and made at a cost of nearly EC$5,000 by Allister Thomas. Live on Carnival! OLD TIME CHRISTMAS Here are just a few early time Antiguan and Barbudan Christmas Season happenings. About three weeks before Christmas Day carol singers went around around town and villages. To add a bit of colour they would carry a 'Carol Tree'. This was a contraption made of wood with several arms like cross-bars. Japanese lanterns hung on these to give some light. It was a sort of large Christmas tree being carried outside. The radio now takes the place of Christmas greetings, but formerly it done by the carol singers. When visiting a home, the opening greeting was: “Goodnight to the inmates of this peaceful residence, We are the Choristers going around celebrating the Lord’s birth, Christmas is now (7) days off, We wish you health, We wish you strength, We wish you golden store, We wish you heaven after death, What can we wish you more? GOD SAVE THE QUEEN!” (This died out about the 1970’s). Christmas Week in the 1940’s and earlier, saw masqueraders and music filling the streets of St. John’s city. It was time when people really seemed to enjoy Christmas for what it was (with little, if any commercialism). A custom was to make a new dress for each of the three days of Christmas, when everybody dressed to the nines. 'Playactors' were youthful acrobats and tumblers, dressed in close fitting trousers to an inch above the knee, edged with lace like a woman's under drawers. Over this was a skirt also trimmed with lace. Acrobats showed off to their girls and others by vaulting over sharpened garden forks. They performed other astounding feats by jumping over the backs of six or seven persons crouching on all fours to the accompaniment of fife and drum, pipe brass, triangles and grater bands. The tempo of the drum was induced to a frenzy, whipping the acrobat into a whirling dance and stamping before the leap. Compliments of the season. When donations were given, sometimes the following words were uttered: “Long life & crosperity!” (sic). Decorations - Bay leaf was used and cherry branches were made into trees for parties. At Dockyard, in the old days of warships, the bush ‘Hatstand’ (Randia sp) was hoisted to the tops of masts as a Christmas decoration, imitating the naval custom of hoisting a coniferous tree branch of northern climes. At English Harbour to this day, the bush is known as ‘Up Mas’. LONG GHOSTS with their heads levelled to the galleries above the ground floor of merchant's homes, once numerous in the city, roamed the streets in search of Christmas donations . If a donation was not forthcoming, a string inside the ‘ghost’ was pulled which made the arms wave about, giving an added sinister effect, and it showed that the operator was displeased! Long Ghosts were about 12 feet from the head to street level. The top section was a cylindrical shaped mask with cuts for eyes, nose and grotesque figuration of teeth through which a lighted candle would throw its illumination sufficiently to light the immediate surroundings. The mask was inscribed on both sides - a kind of Janus Head effect which gave the illusion of the ghost facing you though the operator's back was turned. DAN MENDES JOHN BULLS were replicas of the grotesquely masked African Witch Doctor with a bull's horns on the head. They were the dominating feature of the festivities in town and country. There was terror and excitement in the young and old. John Bulls were tended by a 'Cattle Tender'. The crack of the whip he would tease the bull. The bull would then shoot off in the direction of the crowd of children or grown ups and plough through them and they would scatter. The costume was sometimes just a sugar crocus bag with the head cut out and two armholes, with a big piece DAN MENDES of rope around the waist. To absorb the blows from the whip they would stuff the back with grass or straw, like a hunchback. On his head he had a cow's horn clamped onto a rigid piece of cloth. His head was padded with a big 'catacoo', which was a soft support. The John Bull generally wore a mask, but sometimes that reverted to was blackening their face with grease and paint and sprinkling with a little fine chalk dust. They looked very grotesque. Some of the best John Bulls came from the villages to town, but most of them were porters or stevedores, men who would hang around the rum shops on Long Street. JAZZ BANDS were a common sight up to the late 1950's. The first Jazz Band on the road was the Lyric Band, formed by the Antigua Volunteer Defence Force around 1921. They dressed in clown’s clothes in red and green. Harry Henry, Harry Murphy, Bertie Gonsalves, Clem Da Silva, Vere Griffith and Coxie Coates were in this band. Another band was the ‘Portuguese Band’ whose colours were red and yellow. Bands played guitars, saxophones, drums and trumpets. The Minstrel Band had a guitar, shack-shacks, mouth organs and bass pipes, blowing boob-boop-boop. But it didn't have any drums. Then there was the Monkey Bandplaying bass pipes and using a candy tin going toot-toot-toot like a conch shell - Oscar Mason, 1982. That was Christmas in those days! If any older Antiguan and Barbudans can contribute further to old time Christmas, please call the Museum of Antigua & Barbuda. We must remember these things … VILLAGES VILLAGE BEGINNINGS (After Emancipation) 1834 Liberta was the first village to be built. Named after the word "Liberty" 1834 Desire to own land gave rise to villages, e.g.. Liberta. 1834+ Proprietors sold 30'x50' land plots at $30. 2 room houses built. 1834+ Freemansville was the second village built. 1835 c. Greenbay was established after emancipation when people crowded into St. John's. 1835 c. Freed slaves sought land in the hills when planters denied them land, e.g. Hamilton's 1836 Dr. Murray's wife had an infant school of 30 pupils at Falmouth. 1837 There were no independent villages. Planters were unwilling to give land. 1837 "Ten acre lands" were made available for ex-slaves to settle off estates 1837 Near Grace Hill an estate sold in acre lots to labourers (Liberta) 1837 Free villages spurred on after Governor released Government (ten acre) lands. 1838 Ex-slaves owned 1037 houses in 27 villages created. (36,000 people) 1839 Many labourers had purchased land and settled in villages. 1840 c. Planters found it necessary to sell of some lands, e.g. Buckleys, Swetes. 1840 c. All Saints was firstly called Free-Centre Village 1841 May. First mention of Cedar Grove when land bought for a Moravian mission. 1842 A group of houses near Liberta was called the Hamlet. (Tyrell's?) 1842 There were 27 independent villages of 3,600 population (9,273 in 1846) 1842 Bridgetown almost non-descript. 1842 Ottos Hill, on suburbs, belonged to heirs of Bastien Otto Baijer. 1842 There is "scarcely a relic" left of Bermudian Valley town. 1843 Freetown's population grew after earthquake damage at Bridgetown. 1843 Many ex-slaves have purchased land, built houses and have many comforts 1843 'Quake damaged estate cottages. Owners refused to rebuild. Free villages 1843 The population of Willoughby Bay was removed to the upcoming village of Freetown.See more village beginnings and facts in the Museum's database by calling there. TOWN BEGINNINGS (At Settlement) 1632 Falmouth was the first part of the island settled by the English. 1640 Gov. Warner lived near Falmouth Bay. The English settlers in the village. 1668 "Falmouth appears to have had the lead at this time". 1668/04 An act proposed a town to be built on St John's Harbour. 1670 New town of St J's, rebuilt after Fr. invasion, destroyed by hurricane 1671/04 Lt. P. Lee & Sgt-Major, N. Clarke paid 300lbs for fixing Court Ho. at Falmouth 1675 67 emigrants from Barbados settled in Antigua. (At Bridgetown?). 1675 Vessels not to unload or sell cargo except in the six appointed towns. 1675 Bermudian Valley was one of the trading towns appointed this year. 1675 Bridgetown one of the six appointed trading towns. (p. 41). 1675/09 Places of trade were: Falmouth, St J, Bridgetown, Carlisle Rd, Parham, Bermudian Valley 1676 Stapleton reported one church only, at Falmouth, also served as a Court 1689 Falmouth same size as St John's town. 1701 "Parham is our second town of trade. We have no guns" VILLAGE FACTS Gov. Fiennes tax to raise money for piping water to the villages. England come first to all of us. Leaders set up committees in villages. Hide to do it, against the law. Still done in the villages. Villages often had a "water warden", usually older women, to monitor water use. Sea View Farm known as the 'King Village' as source of island's pottery. Potters nicknamed "Ninety Nine Village" as 99 gifted or smart men lived there. Life in villages able to play music loudly, prohibited in the estates. Glanville's got its name from Glanville McGemley, owner of the sugar estate there Greenbay and Parham villages are places where obeah specialists might be found. Seatons got its name after a Welshman, owner of the plantation. In villages, dolls held with dark strings were manipulated to Dance. Baby Dances. A L L S A I N T S - Four years after emancipation, in 1839, a chapel was built on Osborne’s pasture. This chapel was named “All Saints”, as it was built near the border of several parishes bearing the names of saints. Soon afterwards, as sugar workers began to leave the estates, houses began to appear near the chapel and All Saints village was born. B E N D A L S - This village is named after an estate owner. Bendal appears to have owned an estate there in the second quarter of the 18th century. By 1750, Richard Oliver owned the estate. At the time of emancipation, it was in the possession of Messrs Hyndman, but it was not yet a village though since 1823 there had been a Moravian settlement on the estate. The village was properly settled as the ex-slaves gradually left the surrounding estates. B E T H E S D A - A shipwright at the Dockyard, Charles Thwaites, was often invited to attend Wesleyan services at Lyon’s estate. One Sunday he noticed an old black man by the name of Henry Cochrane, preaching and teaching to slave children. This gave Mr. Thwaites the idea of building a schoolroom half way between lyon’s and english harbour where he lived. Charles Thwaites chose the site on some gentle rising ground with green smooth grass open to the gentle breezes of Willoughby bay. Vigo Blake the headman at Blake’s with his fellow slaves built the schoolroom on this peaceful spot in 1813. It became the first schoolroom for slaves built in the West Indies. Soon houses began to be built around this school, so this is how Bethesda, “a place of mercy” came to be born. B O L A N D S - In 1749, John Boland owned an estate with a windmill at the site of this village. After emancipation it was included in the 718 acre jolly hill estate, owned by Bertie Entwistle. By 1872 the Bolans estate had been split up into at least five different small holdings, and it is likely that the workers of these estates enlarged the village of Bolans, there Being a group of buildings here by the 1850’s. The Wesleyans were operating a school at Boland’s in the 1880’s. B U C K L E Y S - Buckley’s was named after a plantation owner of the emancipation period. Col Daniel Matthew was the owner in 1750 and David Cranstaun was the owner in 1843. He also, like his neighbour at Swetes, put some of his estate up for sale to the labourers and thus encouraged Buckley’s as a free village. C E D A R G R O V E - In the 1850’s this settlement was called Willocks Village, and even as late as 1942 it is shown on an American map as this name. The nearby Mount Pleasant estate was owned by the Willock family from the 1790’s until emancipation. It seems that this is where their slaves had lived. By 1872, there was an estate here by the name of cedar grove, from which this village has taken its name. It was of 10 acres and owned by George Hart. C L A R E H A L L - Clare hall village is built on the original Skerrits Estate owned by Mrs. A. Skerrit and later from 1814, by the Codrington family. The origin of this village must have occurred in 1913 when a model village, consisting of seven cottages, was laid out. FALMOUTH- In 1676, the new Governor, Sir William Stapleton wrote a report back to England on the state of the colony he was about to govern. He stated there was only one church on the island and that also served as the sole court house, so it therefore believed that Falmouth must have become the first town. The Governor said the houses were built of timber, thatched and a few shingled. F I V E I S L A N D S - This village is named after the five islands off the end of this large peninsula to the west of St. John’s. It was once a very large estate of 703 acres, owned by sir George Thomas and later by sir Stephen Hill. There was no trace of a settlement here at emancipation, but in 1842 it was reported to be a Moravian settlement, which later grew into the village of today. F R E E M A N S V I L L E - Freeman’s village was one of the “fruits of Emancipation”. After emancipation, estate owners gave workers land on which to build “free villages” and charged them a small rent. Freeman’s was a offshoot of the Parham Wesleyans and there was by 1856, a “lively church” and an overflowing congregation. F R E E T O W N - A passage written in 1842, states that when Willoughby Bay village declined after emancipation, its population “removed to the rising village of Freetown. In 1841, a Wesleyan chapel had been built and attached to this was a teacher’s cottage. Freetown has also been known as “Farr’s hill” or “Far hill” (map of 1942). J E N N I N G S - In 1749, Mr. Samuel Jennings owned a small estate with a cattle mill to the south of the present village. this estate was later known as Herman Hall. From 1772 until 1815 the estate was owned by the Codrington family. After emancipation, Hugh Thompson & Co became the owners which estate was by now 316 acres in extent. At about this time the Moravian school, Cedar Hall, was established. The village of Jennings was formed around this school. J O H N H U G H E S - In 1821, a retired naval pensioner by the name of john Hughes settled in Antigua from st Kitts where he had,” health permitting made a trifle by fishing”. He came to Antigua to be more accessible to the naval yard so that he could get his pension when it became available. This was rare in those days. His hut was robbed in 1821, and a letter in the dockyard shows London being warned not to honour his pension ticket... Could this man have lived near mill hill and be the john Hughes of the village today? Villages were often named after a person who had lived at a spot for some time, (see also Willikies) L I B E R T A - At just about the time of emancipation, a female estate owner became financially embarrassed and sold off a part of her property in small lots. The labourers in the neighbourhood bought up all the little freeholds with eagerness, as it was their desire to own land in perpetuity. No time was lost in settling on the spots, which they had purchased. They soon framed their houses, and cultivated their gardens. Besides working on nearby plantations, income was also earned working as mechanics at the dockyard. “liberta” (liberty) sprang up as if by magic from 1835. In 1842, a painted signboard near its border stated “The Village of Liberta”. N E W F I E L D - The history of this village began in 1820, when the Moravians erected a stone building for the instruction of children on surrounding estates. Two years later a Sunday school was started. By 1837, there were over 2,000 followers of the Moravians. As can be seen on the map, Newfield is central to many sugar plantations, so it soon grew into village status. S A W C O L T S - This village is named after john Sawcolt who owned an estate here in 1750. Just after emancipation, the 234 acre estate was owned by Paul Horsford and in 1872 by the water commissioners. In the late 19th century the Wesleyans operated a school here which shows that some sort of settlement had already started. It was greatly expanded when the estate was put aside for land settlement in 1917. 41 allotments were made covering an area of 55 acres. It took a little time to develop as the peasants regarded the scheme with suspicion until the governor set up certain rules. S E A V I E W F A R M - At the time of emancipation there was a small estate here called “farm”. About 1840 the Moravian bishop George Westerby started the first teachers training college and was called Lebanon. The village probably grew, as natural resources were locally available to carry out the folk pottery cottage industry. S W E T E S - This village is named after the owner of the plantation here in the early 1700’s by the name of Main Swete. He had come from Modbury in South Devon. He was a member of the House of Assembly in 1715 and died in 1735. Just after emancipation, Henry Gale owned the 180-acre estate. In the mid1840’s its owner marked off a portion of land for sale to labourers so sweets village developed at this time, especially since estate owners did not wish to rebuild labourers cottages after the great earthquake of 1843. U R L I N S - On old maps of Antigua the Urlins area was known as Glebe, which means to say that it was church land. This Village is named after the urlins family who were Antiguans of the late 17th century. In 1763, Thomas Urlins owned land in southwestern Antigua. By 1872, there were four owners of Urlins estate, Edwards, Lovell, c. Hunt and j. Hunt. The estate totalled about 80 acres. Six years later, it was an estate of 67 acres owned by Benjamin Lowen. W I L L I K I E S - In the old births and deaths register at St. Phillips church there is an “address” given as “Will Hicks”. Will Hicks was a well off coloured person, who once lived in the Belfast area. In a later entry, this place had become “Will Hickies”, and so today’s name gradually became “Willikies”. D. V. Nicholson HISTORICAL & ARCHAEOLOGICAL SOCIETY March 1987. SEAVIEW FARM POTTERY Based on an “Antigua Sun” article, March 2002, and a paper on Afro-Antiguan Folk Pottery by D. Nicholson, 1985. TOOLS - calabash pc, stone, tin. Building up from a ball of clay At the turn of the last century and even up to the 1940s, coal pots used for cooking were the modern improvement on the fireside for the common people. Along with clay flowerpots, which were perhaps the only existing type of vase to beautify the homes of yesteryear, there were also jar-pots, yabbas (used for roasting cassava bread-Bamboola) and Jabba pots used to fill the domestic needs, rather than the antiques they are prized as today. In fairly recent times, ash trays have been made for sale to the tourist industry. The rich black soil, procured for the making of the pottery is found in the Sea View Farm area and extends to the environs of Lightfoot and Paynter’s. However, most Sea View Farm potters concentrate on an area called “Jumbolum,” close to Lightfoot, to obtain the unique strain of clay used for pottery. Most people are of the view that the orange-brown pottery items are made from clay of that same colour, but a particular clay, called “pottery paint” is found in the Freeman Ville area (also further east in the vicinity of Half Moon Bay) is used as a colour wash. The soil, once it is mixed with water, easily melts into a thick paste to produce the colour of the local craft items to which we have grown accustomed. The mixture is used to paint the articles after they have been dried. The pottery making process, including the baking, takes place in Seaview farm village. The potter’s sheds are adjacent to the houses. Most of the time is spent within that space, where in one corner there is a pile of dirt, a smaller bucket with red soil to make paint and a few calabashes. In place of a modern potter’s wheel, used to smooth the base of the pottery, potters store a couple of dried calabashes. They use a piece of the dried shell of the fruit as a type of ladle to smooth the surfaces of the damp clay. Much of the artisan’s time is spent in the workshop, so it is equipped with things that are needed at hand, including a telephone, radio. One truckload of clay makes many items and might last a month, and while awaiting use a wide plastic sheet keeps the clay damp. Preparation begins by feeling out the soil with bare hands. While churning the pile of clay little stones or any bits of grass are felt for. The smoother the soil the better. Gallons of water are mixed into the clay, it requires much wetting to get it to the right consistency – like dough. The wares are made by women in the time honoured way, without the wheel, moulds or by coiling. The sides of the vessel are simply built up from a ball of clay, then smoothing and scraping is done with a piece of broken calabash. The red ochrous "pottery paint" is made into a slip and applied with a rag. The pottery is fired in an open fire under layers of green grass in the yards of the potters houses. Pottery making as an industry is declining, so very few people understand the skill required for the craft. At present in 2002, there are only six potter families involved in the industry and only three run a full time business. In 1984, there were twelve and in 1962, there were as many as twenty. Earthenware is apparently heavy work for today's young, thus this cottage industry is dwindling. The Museum possesses more information on the Seaview pottery industry of the past, including an archaeological paper given at the International Congress for Caribbean Archaeology by Desmond V. Nicholson. SPORTS 1839 March. A horse race was held on Lightfoot's Pasture between C. Violet & C. Emily. 1864 June. An Antigua cricket XI beat HMS Pylades team at Clare Hall. 1887 Feb. In the Athletic Sports G. Roden won 300yds, received 10/- from the Governor. 1893 The Exhibition Gardens was near the Cathedral, where there were tennis courts 1902 A tennis club for English whites was formed. 1904 Portuguese established a tennis club and admitted blacks of standing. 1913 A cricket tournament between the Leeward Islands was held. 1913 The Antigua Cricket Club started for the Portuguese 1913 April. A Challenge Shield was presented by Gov. Hesketh Bell to the Cricket Club. 1914 Opening of the Antigua Golf Club at Cassada Garden 1920 Rivals Cricket Club sponsored by E. Henry & J. A. Martin for the poorest 1920 The Rising Sun Cricket Club started for poor men in St John's 1920 Maple Cricket Club for ex-Grammar School boys and the Government Treasury 1920 St. John's Cricket Club started for middle class men. 1920's Ramon Camacho first professional cricketer. Played in New York 1928 23rd. West Indies was granted Test match status. 1930's Pat Nanton was Antigua's first black sporting hero. Cricket batsman. 1938 Pat Nanton held the AGS 100 yards record for 25 years, 10.1 secs. 1945 S. Walling, W. Gore, M. Richards selected for Leeward Is cricket team (Trinidad) 1945 The best cricketers were selected for the Leeward Islands team. 1945 Nov. Willikies beat Betty's Hope cricket team. B. Daniels (B/Hope) got highest score 1946 Cricketers Keith Walcott and Frank Worrell played at the ACC grounds. 1950 Antigua Cricket Association became the main Cricketing association. 1950 Lord Kitchener led jubilant W.I. cricket fans around Lords. 1950's Hubert Anthonyson was the best fast bowler in the West Indies 1950's Hubert Anthonyson was best all rounder, football, athletics, swimmer etc. 1951 Jan 29. Andy Roberts, fast bowler, born. Test debut 1973, v. England at Barbados 1951 Jan 6th.Maurice Hope World Light Mid.Wt.Champ.1979/81.35fights,won30.lost4 1955 July. Lester Bird was the fastest cricket bowler in the West Indies 1958 Lester Bird established the West Indies long jump record. 1958 First Antiguan to win medal in international event. Lester Bird Long Jump record 1958 c. Lester Bird, first Antiguan to win a medal in an international event. 1958 c. Lester Bird was Antigua's first world class sportsman. 1962 12 Jan. Richie Richardson, Capt. of the WI cricket team, born at Five Islands village. 1963 Sept 21. Curtley Ambrose, born. Bowler.1987-1st test.1992-Wisden Cricketer of Year. 1966 Shell Shield for regional cricket. Best of W.& L.I's. was "Islands Team". 1968 Antigua Sailing Week first held. Sponsored by the Hotel Association, with Govt. 1970's Andy Roberts was the fastest cricket bowler in the world 1973 First Nat. Department of Sports organised. Teacher, Reg Samuel in charge 1973 Pat Whyte appointed Assistant in newly created Sports Division of Min. 1973 Pat Whyte appointed Sports Editor at ABS Radio. 1974 A. Roberts was 1st Antiguan to play test cricket v. England, at Barbados 1974/5 Vivian Richards first test was at Bangalore versus India. 1975 Vivi Richards showed talent by scoring 30,101,50,98 in two Tests. 1975 Nov. A devastating new bowler from Antigua at the Test - Andy Roberts. 1976 Cricket. Viv Richards scored 1,710 runs in Test including 2 double centuries 1980 Nissan-Datsun cricket trophy replaced the Bell Shield. 1980/1 Ant. Recreation Ground became test cricket's 52nd venue when it hosted England. 1981 Combined Islands won the Shell Shield in cricket. 1981 Antigua awarded a West Indies Test Match - England v. West Indies. 1982 Windward & Leeward Islands competed as separate cricket teams. 1983 Sailing Week's economic expenditure determined as EC$ 1,963,600 1983 Richard Richardson was selected for the West Indies Cricket team. 1985 March. A public holiday to celebrate Vivi Richards as 1st WI Cricket Captain 1986 WI played 17 Tests winning 15,draw 1,losing 1.Won 37matches,dr29,los.5 1986 April. Cricketer Richards batted 100 runs in 56 balls at the ARG v. England. 1988 C. Ambrose, E. Baptiste & Winston Benjamin selected for W.I. cricket team 1988 Antigua awarded a one day International match-Pakistan v. West Indies 1988 For cricket competition the Shell Shield replaced by Red Stripe Cup. 1989 James Daley, inner of the OECS Bodybuilding Champs in Grenada. 1991 A cricket test match, West Indies v. Australia played at the ARG. 1991 March 6th. Vivi Richards became the leading W.I. test run-getter of all time. 1991 March 6.Richards made 8,053 runs in 168 innings,112 tests,24 centuries(51.3) 1991 April. Antiguan Hamish Anthony chosen for the W.I. test cricket team v. England 1991 August. Viv Richards left the field for the last time. Wisden Trophy retained. 1991 Sept.29th. Richie Richardson was named Captain of the WI Cricket team. 1991/2 Mervyn Richards, footballer, Antigua National Champion. 1992 Carl Knight, basket ball, Nat. Sportsman of Year. Captain of the Bulldogs. 1992 R. Richardson, Wisden Cricketer of Year.W.I.Capt.1991-96.Highest score-194. 1992 Jan. Fast cricket bowler, Hubert Anthonyson died aged 67yrs. See tribute. 1992 March. West Indies 1st test match v. S. Africa. West Indies won by 26 runs. 1992 March. Kenneth Benjamin made his debut at a test match. W.I versus S. Africa. 1992 Nov. Richie Richardson made his first tour as captain to Australia. WI won. 1993 Viv Richards held W.I. record for most runs, 829, in a cricket series. 1993 Jan. West Indies won test match by lowest margin in history. Australia by 1 run 1993 Feb. Ambrose took as bowler 33 wickets, most by any W. Indian v. Australia. 1993 Dec. West Indies team first tour of Sri Lanka. WI 300th & Sri Lanka's 50th. 1994 March. Ambrose the first WI bowler to take 10 wickets at the Oval, Trinidad. 1994 March 18th.World's record at ARG. Brian Lara scored 375 runs over Garfield's 365. 1994 Nov. Basket ball hero Nyah Roberts killed in a traffic accident. 1995 Sonia Williams,100 & 200 m. Antigua Olympic Team at Atlanta. 1996 Richie Richardson retired as the West Indies cricket captain. 1997 Kevin Gardner, tennis player, National Sportsman of the Year. 1997 John Maginley, only player in Int. Tennis to represent 3 Davis Cup teams 1997 Curtly Ambrose took 300 wickets & scored over 1000 runs. 1997 1996-Sports woman/man: Sonia Williams, Athletics. Al Burton, Softball. 1997 June 13th. C.Ambrose:4th West Indian bowler to reach 300 wickets. 1998 EC$7M invested into the ARG (hosted 6th Test Match England vs W.I.) 1998 Cricket. WI won the C&W one day international against England. 4 to 1 1998 Cricket. WI won C & W test match against England. 1998 1997 Sports man/woman: Kevin Gardner (Tennis) Janil Williams (Athletics) 1998 Jan 7th.Brian Lara appointed captain in the C&W series against England. 1998 March. Janille Williams b.21/9/85.Record for3000m.in NY. Sportswoman of Year,'97 1998 March. ARG renovated, new pitch, outfield, new stands. Now seats 13,000. 1999 Viv Richards was knighted for his contribution to Cricket. 2002 Nov 12th.Tim Hector, ACLM, historian, journalist, sportsman died at 59 yrs. [h=3]ANTIGUA & BARBUDA'S NATIONAL SYMBOLS[/h] [h=3]NATIONAL FLAG[/h]As Won in a Competition, 1966. In 1966, a national flag design competition was held for the occasion of attaining Independence in Association with Great Britain on February 27th, 1967. There were over 600 entries, with Mr. Reginald Samuel winning the first prize of $500 for the best design. He had entered the very last minute before the dead-line, and made the design in only about half an hour. He rushed to buy an envelope to get the entry to the Administration building in time. Later he heard he had won! Mr. Samuel is an Antiguan artist, sculptor, painter and art teacher. The winning design, together with the chosen anthem, coat-of-arms and slogan, was displayed on a board outside the Administration Building next to the Post Office, so the people of Antigua and Barbuda could see their future devices. That board may now been seen as an exhibit at the Museum of Antigua and Barbuda. The Golden Sun symbolises the dawn of a new era. In 1994, it was decided that seven full points of the sun should be displayed for many as twenty had sometimes been shown! It has been suggested that these Seven points could represent the six parishes plus our sister island, Barbuda though the designer himself did not have this in mind. Red symbolises the dynamism of the people Blue symbolises hope Black the soil and our African heritage Gold represent together our tourist attractions, sun, sea and sand. The "V" depicted in the design by the black, blue and white bands is the symbol of victory. [h=3]C O A T - O F - A R M S a n d M O T T O[/h]The Coat-of-Arms was originally designed by Mr. Gordon Christopher, about 1966, but was later modified by the Financial Secretary, Mr. Don Cribbs. The motto “EACH ENDEAVOURING, ALL ACHIEVING” was composed by Mr. James H. Carrot M.B.E., who at the time was the Permanent Secretary in the Ministry of Trade, Production and Labour. He won a prize of $100. The PINEAPPLE surmounting the arms represents the famous Antigua Black Pineapple. The red HIBISCUS flowers are symbolic of the many varieties that bloom in the Nation. The golden SUN and the wavy blue and white BANDS symbolise the Sea, Sun and Beaches. The central SUGAR MILL TOWER and the stem of SUGAR CANE echoes the historic production of sugar, once the main industry. The Century Plant or DAGGER POLE with its stem and showy golden yellow flowers was a part of the historic emblem of Antigua and the Leeward Islands. The two rampant DEER depict the only large animal within the Eastern Caribbean and that is unique to Antigua and Barbuda. The SCROLL bears the motto of the Nation. N A T I O N A L F L O W E R The Agave, Dagger Log or Batta Log (Barbuda). Agave karatto Miller. This plant of the Lily Family is very majestic and noble to look at; it is well named as the word “Agave” is from the Greek “Agave” meaning “noble”. This is a fine national flower as the plants are very common and attractive dotting Antigua and Barbuda’s evergreen woodland hills, especially in the south part of Antigua. The plant flowers in time for each tourist season when Antigua and Barbuda should look its best. In the first few months of each year at the beginning of the dry season, a pole or log grows from the central rosette of the dagger-like leaves to bear an imposing, showy golden inflorescence about 20 feet high. The Dagger flowers only once in its life time which is between ten and twenty years: after flowering the whole plant dies. A common name outside Antigua is “Century Plant”, as perhaps it was thought it lived for a century before blooming. Dagger Log plants grow in dry areas and are drought resistant, storing moisture in the succulent leaves. In Arawak Indian times the Agave was known as Maguey or Kabuya. The fibre of the leaves was used extensively for hammock strings as well as for cords, ropes and handicrafts. In the more recent past, Antiguans and Barbudans have used Dagger Logs in many ways. Notably the plant was a fisherman’s friend. Youths cut down the dead dried out poles on which the flower bloomed, spiked them together with a length of hard wood, to make “dagger rafts”. These they used for fishing in sheltered waters. In Barbuda, the rafts are called “Batta logs”. The fibre in the leaves is very strong and was used to make fishing twines, cords and ropes, while the brilliant white interior of the living leaves made tow-baits or “feathers”. Another historical use of the Agave has been as tinder for starting fires with flint stones. The centre of the dead dried out rosettes produces a very fine dry powder, which, when heated, burns easily. This fire making method was used during World War II when matches were scarce. Leaves were used as razor strops for sharpening old-fashioned razors, and medicinally the plant was used for curing tuberculosis. A row of Agaves still makes a fine fence and is certain to keep out any intruder! [h=3][/h][h=3][/h][h=3]N A T I O N A L A N I M A L[/h]The European Fallow Deer. (Dama dama dama) Suitably, two deer are very prominent on our nation’s coat-of-arms. Deer do not live on any other island in the Eastern Caribbean, but they have thrived on Barbuda and Guiana Island (off the north coast of Antigua) for centuries. Deer are not indigenous to Antigua and Barbuda, but then no other mammal appears to be except perhaps a bat or two. It is thought European Fallow Deer were first introduced from Norway into England at the time of James I. It is not known exactly when the lessees of Barbuda, the Codringtons, introduced deer into Barbuda, but there were as many as a thousand head in 1740 and by 1827, they were a “nuisance” for they stripped the vegetation. In 1784, three thousand were reported, whereas a century later, there were only about 300. Deer were introduced onto Guiana Island sometime after 1811, when Bethell Codrington bought it for raising stock. There has been some confusion as to whether the deer were Fallow or White-tailed, but it has now been ascertained they are Fallow. There are at least two varieties, black and common. At the beginning of this century the hunting license fee was œ1 for 3 deer, and the season was from January to April and from July to October. It is no longer common to see deer in Barbuda. There are quite a number of them on Guiana Island on the north coast of Antigua, which are carefully protected. [h=3]N A T I O N A L F R U I T[/h]The Antigua “Black” Pineapple. Ananas comosus (L.) Merril The pineapple belongs to the Bromeliad family which includes Man ‘pon Tree and Old Man’s Beard. The latter is quite common, and can be seen growing on trees and telegraph wires. The Antigua variety of pineapple is known as the ‘Black’ as it has a dark green colour when it is most delicious, but is smaller than other commercial types. The variety is full of flavour, juicy and sweet; it ripens to a golden glow. The Pineapple was first introduced into Antigua and Barbuda by the Arawak Indians from South America about the time of the first Christmas and was called Boniamaor Yayama by them and was believed to be food for the Gods. The thorny leaves were used for producing initiation pains on young men, and for making twine and cloth. A tasty wine was made from the fruits and pineapples were also used for urinary complaints and for producing abortions. In historic times, the fruit was used as a source of vitamin C, and in cakes and puddings. Medicinally the juice is good for fever, stomach pains, wasp stings and sea urchin spines in the flesh. The leaves are good as a poultice for sprains. As early as 1640, settlers in Antigua cultivated the Black Pineapple near English Harbour, and they have been cultivated ever since on the south side of Antigua, particularly near Cades Bay and at Claremont. In heraldry, the pineapple denotes hospitality, and was seen adorning many fine pieces of furniture in colonial times. It is thus particularly fitting that it should be Antigua’s national fruit, symbolising the hospitality that is vital to our tourist industry - as well as being a tasty treat for visitors and us. [h=3]N A T I O N A L T R E E[/h]The Whitewood. (Bucida buceras L.) This large widely spreading timber and ornamental shade tree with nearly horizontal branches belongs to the Combretum Family and is related to the mangroves and almond trees. The leaves are clustered at the ends of the branches. It grows from about 30 to 70 feet in height with a 3 ft. diameter trunk. It thrives in damper places, such as the dry river beds of Antigua and in coastal areas. The olive-brown wood is very heavy, hard and strong with a specific gravity of 0.93. The heartwood is dark yellowish brown to black, sometimes with horizontal stripes. The wood is rather difficult to work, but it finishes smoothly and is resistant to decay. Roots do not penetrate deeply, but are well spread out to benefit from small amounts of rain. The wood is excellent for lathe turning. In historic times the strong timber was called Black Gregory and was used in making gun carriages for the forts, as the imported British elm rotted very quickly in the tropics. Formerly the timber was employed for durable construction, carts, gates, house posts, flooring, benches and marine piling. It also makes a very good grade of charcoal. The bark was used for tanning. Because the wood was so useful, there are now few trees left, so we must care for them to flourish, as part of our valuable heritage. Names in other countries are : Gregre (Virgin Islands), Black olive tree (Florida), Olive bark tree (Jamaica), Spiny black olive (Bahamas), [h=3]N A T I O N A L B I R D[/h]Frigate Bird, Man-o’-War or Weather Bird. (Fregata magnificens L.) Probably the most valued asset to Barbuda’s tourism, second only to white sand beaches over ten miles long, is the Frigate Bird colony near the north end of the Lagoon. It is the largest nesting colony of the Magnificent Frigate Bird in the world. There may be no more than twenty-five nesting sites of these birds in the Caribbean today. Visitors are taken from the village landing in boats to view the estimated 2,500 pairs. The birds are approachable and do not appear to mind having their portraits taken. Frigate Bird Facts: [h=3]N A T I O N A L S E A C R E A T U R E[/h]Hawksbill Turtle or ‘oxbill. (Eretmochelys imbricata) This turtle is distinguished from other turtles by its narrow pointed beak and because the shell often has a jagged edge towards the rear. As the shell has a bright mottled colouration (brown, orange and gold) it is known as ‘Tortoise-shell’. It has been much prized for handicrafts in making earrings, combs, spectacle frames, jewel boxes and suchlike; hence this turtle has now been placed on the endangered species list. It is not as good eating as the green turtle, which is also endangered. The picture shows a juvenile. At the time of the Caribs and the earlier Arawaks and archaic peoples, Hawksbill turtles (then known as Carets) were nesting in Waladli (Antigua) andWa’omoni (Barbuda). They were prized, and perceived as a gift from their gods. Prehistoric seamen wore turtle motif jewelry in the belief that swimming prowess would thus be bestowed upon them. Healthy coral reefs are very important to the survival of hawksbills, as one of their main foods are the sponges found growing on reefs. These sea turtles grow to about 3 feet in length with a weight of 175 lbs. The largest nesting concentration of Hawksbills in the Caribbean is at Pasture Bay on Long Island. Here the Jumby Bay Resort supports the tagging of turtles for scientific purposes from June to December, the primary laying season. Females leave the water and retreat to dig holes under the Seaside Grapes, into which they lay their eggs. Baby turtles grow up in clumps of sea-weed far offshore, but many become food for other sea creatures. Hawksbill Turtle Facts: Turtles from 8-24 inches can be found feeding or sleeping when snorkelling on coral reefs. The largest are found on the 100 fathom line over the insular shelf. 400-500 nests are laid around Antigua and Barbuda in a year, by 80-100 females (1/3 on Long Island). Females nest 4-6 times a year at 14-15 day intervals. About 18,000 hatchlings are produced a year from Long Island, Antigua. Probably only about 3% of these will reach adulthood. Hawksbills live about 50 years. Sand mining, pollution and building on or near beaches pose the greatest threat to our national sea creature. Wind erosion has caused a rock near Five Islands to look like a turtle with its head above water, hence the name “Hawksbill Rock”. In 1892 The Globe Hotel served the best Hawksbill soup. [h=3]N A T I O N A L S T O N E[/h]Petrified wood. Wood becomes petrified (fossilised) when it is buried in the mud of a pond or swamp containing volcanic ash. The same applies to organic materials, for example, fish. The minerals in the ash (silica, iron, manganese) fill the spaces in the wood gradually, over millions of years of time, so that the wood’s cell structure is preserved as stone. Thus this stone becomes an impression of what was once wood or other organic material; it is now preserved in the earth’s crust. Antigua’s petrified wood is approximately 25 million years old and belongs to the Oligocene period of geologic time. Fragments of petrified wood may be found scattered in various places over Antigua’s central plain, especially in the All Saints and Freemansville vicinity. This shows that forests once existed in Antigua. At Corbison Point there is a petrified forest below the headland, buried under a 12-inch layer of volcanic ash containing pebbles of lava that lay over the top of tree stumps. A fatal explosion in Antigua’s volcanic district probably suddenly emitted siliceous vapours which instantly killed all living organisms, shell forms and the forest. These were silificied leaving even the most delicate microscopic details of organs and structures still visible today. Unfortunately, the parts of the forest at Corbison Point, remains of a rare phenomenon, are being constantly eroded away by the sea. Earlier this century there was a petrified forest not far from Oliver’s and Clarke’s Hill which was a tourist attraction, but by now it has mostly been exported or collected by visitors. Polished transverse sections of petrified wood make attractive paperweights and other decorative objects. It is an endangered item and a non-renewable resource that we must treasure as a part of our geological heritage. A fine example of a fossilised tree trunk, and other small pieces, may be seen on display at the Museum of Antigua and Barbuda. [h=3]N A T I O N A L D R E S S[/h]As Chosen at a Competition, 1992. “In my National Dress I feel defined and rooted” The Library Fund Raising Committee, as a project to raise funds for a new Public Library, launched a National Dress Competition in May 1992. Persons were asked to submit designs for both men and women, based on the Post-Emancipation era (1835 - 1940) in Antigua. Much research was made at the National Archives and at the Museum of Antigua and Barbuda from old photos and post cards. The final was held at the Lion’s Club in December 1992. The winner was Heather Doram. By 1865, all slavery was abolished in the Caribbean.. Since then there have been many changes in the economies, governments and lifestyles of Caribbeanpeople. These lifestyles borrow heavily from the colonial past, integrating the European and African cultures, customs and religions with those of the islands. This is really apparent in our language, music, food, religions and forms of dress. Women’s traditional dress has lasted through the years of slavery to the present day - naturally with some variations - for example, the practice of wrapping the head with distinctive head ties, these can be traced back to Africa. Madras was a very popular material in the post-emancipation period. The winning design was fashioned after the outfit actually worn by market vendors and cake makers in Antigua and Barbuda as far back as 1834. It features a madras dress with a gathered waist and puff sleeves, over which is worn a starched white apron. These aprons were sewn on by hand, utilising frills, lace, several tucks, and pockets. Each lady did her best to outdo the other, and would throw on all her jewelry. A variety of matching headgear can be worn with this ensemble: elaborate head ties, a head kerchief with a wide-brimmed straw hat, or a cotta. The male outfit features a madras waistcoat over a starched white shirt with full sleeves. Black pants, white socks and black shoes complete the ensemble. The straw hat sports a matching madras band. The madras used in these designs was chosen for its symbolism: the red, gold and green represent the dynamism of our people and our African heritage. [h=3][/h][h=3]N A T I O N A L A N T H E M[/h]As won in a Competition, 1966. In 1966 a competition was held to determine a national anthem for the upcoming Independence in Association with Great Britain, which was to be attained on 27 February 1967. Several months after the competition Mr. Walter Chambers was surprised to hear that he had won the music part for the anthem and was later to receive a prize of $500. Mr. Novelle Richards, who later changed his last two lines to fit the music on the suggestion of Mr. Chambers, submitted the words separately. Mr. Chambers was a church pipe organist and piano tuner and Mr. Richards a well-known unionist, poet, journalist and author. At the time of full independence in 1981, the first eight lines were modified to include Barbuda. There is an original notice board in the Museum that was hung in 1967 at the Administration Building informing Antiguans and Barbudans of what their new Flag and Anthem would be. The first eight lines of 1967 . . . and since 1981: Fair Antigua we salute thee Proudly we this Anthem raise To thy glory and thy beauty Joyfully we sing the praise Of the virtues all bestowed On thy sons and daughters free Ever striving, ever seeking Dwell in Love and Unity. Fair Antigua and Barbuda We thy Sons and Daughters stand Strong and firm in peace or danger To safeguard our native land. We commit ourselves to building A true nation, brave and free Ever striving, ever seeking Dwell in Love and Unity. N A T I O N A L M U S I C As performed by a Fife Band. A fife is a small flute with six to eight holes on top, which plays the diatonic scale. Fife music is typical of the music played in Antigua in the past, one of the reasons being that the fife is easily made by cutting a piece of bamboo from the bush. This was a cheap instrument for the impoverished Antiguans in olden times. All the other instruments were homemade as well. Today the Rio Band of five or six players is perhaps the only fife band in Antigua and Barbuda; it is at any rate the most famous and has been playing since the 1930’s. It consists of a fife, a ‘Grudge’ or grater, a ‘Boom pipe’ (a piece of old pipe blown one end), a homemade ukulele and two guitars. Subject matter of the music played leans towards drinking, love & women but avoids the more political calypsonian styles. Recommended reading: “The Rio Band - 50 years and still going strong!” (Anon) in Culture, Vol 1, #2 , April 1991. [h=3]N A T I O N A L S O N G[/h]BENNA Benna is said to be derived from a song-dance, steeped in African rhythm, that the slaves brought to the plantations from Africa. These songs gave relief and solace to those that toiled in the sugar cane fields. The benna provided the slaves with a voice and a means of expression. Benna or Ditti is a type of one verse repetitive song - the original folk-style of calypso. The banjo with no musical variations accompanied it. Benna appears to be peculiar to Antigua and Jamaica. Around the 1940’s and 50’s it referred to all secular or non-church music. It became the Antiguan type of Trinidad’s calypso and was gradually replaced in Antigua by the latter. “Quarkoo” was Antigua’s street crier and his lyrics were nearly synonymous with benna, though his style was purely his own.. He sold small items and his printed songs through the streets of St. John’s, as he announced sales or events, everything that radio does today. He not only advertised for a small fee, but he entertained as well - singing folk songs and Benna. Quarkoo composed on the spot, he was “instantaneous”, the lyrics were repetitive. He was fearless, full of satire, often relating the latest gossip, he even landed himself in jail for slander! Benna was also sung in “call and response” with an audience. Thomas Joseph’s benna (1924): “Man Mongoose dog know you ways. Mongoose go in a Forrest Kitchen Thief out one of he big fat chicken, Put um in he waistcoat pocket Man Mongoose” NOTE: “Mongoose” was a local scamp, and William Forrest was a merchant of The Parade (Thames Street, St. John’s). An example of the straight forward style of Quarkoo’s benna: “O, poor Millie, Millie gone to Brazil, Wire tie up she waist, Red ants snap out she face ...” Another benna: “Maude smell donkey, she smell so funky Me gee she water, me gee she soap And she still smell funky!” or “Tuppence hapenny woman lie down pon de Bristol The Bristol leggo Bum Bum etc ...” “Run Ya Bullah Run Ya” has been played by the Rio Band for 50 years. Further recommended reading for a history: “Benna - An Elegy” by GER. IN Antigua Carnival - Calypso Talk ‘84. “Burning Flamesia or Today’s Benna” (Anon) in Culture Magazine, Vol 3 #2 July 1993, page 10-11. [h=3]N A T I O N A L W E E D[/h]Widdy Widdy. (Corchorus siliquosus L.) A slave food of the past. As far back as 1787, a letter sent back to England by a Mr. Luffman described some of the slave’s food, “Tops of yams are used like spinach as also the weedy weedy bush and prickly weed”... Widdy widdy bush boiled with cockles, is said to have been used by sugar workers to supplement their food supply when they struck for better wages and conditions in 1951. The food made from this potherb with edible leaves, is known as “Popololo” (in St. John’s). It has a high protein content, but is rather mucilagenous (sticky) to eat. It has a slippery ochro-like quality. It was once used as a tea for asthma and colds. Widdy Widdy belongs to the Tiliaceae family. The leaves of the Widdy Widdy bush are often added to the pepperpot, and “is really nice as it make you go off free!”, (is a laxative) ... (Adelaide Samuel). It requires little cooking for it rapidly softens and becomes sticky, a characteristic unappealing to many persons. The flavour is good and it is very nutritious, particularly the older leaves. (Martin & Rubert 1979:39). [h=3]N A T I O N A L D I S H[/h]Pepper pot and Fungee The first people of Antigua - the Amerindians, made Pepperpots. They called this highly seasoned stew “Tomali” (Toma = Sauce, ali = clay pot). The method of cooking was an ingenious type of food storage. A rich brown pungent sauce was made by boiling any or all of the following available items:- fish heads, bones of fish, agouti, rice rat (Oryzomys spp., iguana, birds, seashells (chip-chips, oysters, whelks) in a deep clay fire pot with peppers, sweet potatoes, cassava juice and fine cassava flour. Cassava bread and other meats were dipped into this stew. It was boiled continuously and added to next day. The missionary, Father Breton, noted that it was rather unhygienic (even by 17th century standards) as often roucou (body paint) and women’s hair was found in pepper pots! The pepper pots of Guyana today are still rather meat oriented as they were in our Amerindian times, but readers will note from experience and from the recipe opposite that the Antigua pepper pot is vegetable oriented - a mixture of green herbs and vegetables blended together. It is usually eaten with fungee, a cornmeal delicacy. “Every pepper pot ha ‘e fungee” - Antiguan proverb (Every person will meet a companion). Earliest reference: “Sailors eat much ... Dinners of salt fish or beef with piggins of fungy” (Antigua and the Antiguans.II:136). Wartime song: “Oh, times too hard ... more throw in water, more fungee swelling!” Recipe of the Antiguan and Barbudan Pepperpot by our own Gwen Tonge: Needed: 4 eddo-leaves (cut up, 1 lb salt beef or 1 lb. other fresh meat optional); 4 eggplants (diced or antrobers); 2 teaspoons of margarine; 4 ochroes (diced); Salt & pepper to taste; Bunch of chive & thyme (pounded); 2 onions (chopped); 2 cups of green peas (cooked); 1 lb spinach chopped; 2 tomatoes (diced); 1 cup diced pumpkin; 1 cup diced squash; 2 teaspoonfuls of oil; 1 lb. salt pork, pig snout or 2 teaspoonfuls of ketchup; pig’s feet (cut in bits). Method: Cook meats. Add vegetables, except green peas. Add seasoning. Cook green peas in a small amount of salt water. Remove vegetables. Chop well, return to pot. Allow to cook until thick. Add cooked peas. Season and return to fire. When cooked, serve hot with fungee. Sometimes dumplins are added to the mixture. Fungee recipe also by Gwen Tongue Needed: 2 cups corn meal; 3 cups water; Salt to taste; 3 ochroes (cut in neat pieces); 2 tablespoons of butter. Method: Bring water to the boil with ochroes until they are cooked. Remove 2 cups of water to a pan. Add meal to the remaining boiling water. Using a wooden spoon, mix corn meal and crush to the side of the pan to remove lumps. Add water when necessary. When mixture leaves the bottom of the pan, remove from fire. Place butter in tea-cup or small bowl. Place large spoonful of fungee in bowl. Roll to a ball. Serve hot with pepper pot; stewed or fried fish, or cod-fish and egg-plant. Fungee can be left overnight. Sliced and dried and used with syrup or jam for breakfast. [h=3]N A T I O N A L H I S T O R I C S Y M B O L[/h]The Sugar Mill Tower According to an inventory made by the Museum of Antigua and Barbuda there are about 114 sugar mill towers still standing in Antigua. They are now silent witness to the days of when sugar was “king” and when African people were being exploited in the cane fields. These towers once housed sugar cane grinding rollers that squeezed juice for manufacturing into sugar in the boiling houses. Large sails once turned in the trade wind to power these mills. The towers had to be very strong; hence they still stand today to be one of our symbols. There are usually three openings in each tower. One arch was used as an entrance for taking in the cane and another was for exiting the crushed cane or begasse, later to be used as fuel in the boilers. The tall long slit of an opening was used only when it became necessary to change the lengthy vertical wooden drive shaft that communicated between the mill machinery and the sails. This opening was called the exchange slit. The first mill is said to have been built at Claremont, while the mill at the Savannah near Cobb’s Cross is another very old one. The Piggot family from Ireland was apparently the first sugar mill tower builders. There were 34 mills in 1705, but the number had risen to 175 by 1748. In the great earthquake of 1843, 35 mill towers were destroyed. The last working sugar mills were at Body Ponds, Union, Renfrews, and Constitution Hill (just south of All Saints and no longer standing). In 1994, one of the mills at Betty’s Hope was restored, so that it is now possible to see what all the mill towers of Antigua once looked like when in working order. Some Mill Tower Facts: The sails revolved 4 times a minute or 6/7 in a stronger wind. In a week, a mill could grind 200 tons of cane to produce about 5,500 gallons of juice, which was then boiled down into 12 tons of sugar crystals. The orders given by the “bosun” to start and stop a mill were “Turn her out” and “Turn her in”, referring to engaging the sails in the wind. Thanks to the Bank of Antigua for the photos of the Mill, Turtle, Deer, Dress & Tree. REFERENCES GER: 1984 “Benna - An Elegy”. IN Antigua Carnival - Calypso Talk ‘84. Breton, Father Raymond: 1665. Dictionnaire, Caraibe-Francois. Gilles Bouquet, Auxerre, France. Chambers, Mr. Walter: 1995. Personal communication. Chapman, N. & D.: 1980 Distribution of Fallow Deer. Mammal Review, June 1980. Fuller, Eckert & Richardson: 1992. Sea Turtle Recovery Action Plan for Antigua & Barbuda, WIDECAST CEP Technical Report No. 16. Hanif, Mahamad: n.d. Sea Turtles of the Caribbean., Brochure of the Virgin Islands Conservation Society, Inc. Jane, Charles: 1982. Antigua Black - A Pineapple of the Gods. Museum Library, ref: P-10. Little & Wadsworth: 1964. The Common Trees of Puerto Rico and the Virgin Islands, US Department of Agriculture, Puerto Rico. Luffman, John: 1788. A Brief Account of Antigua ... In Oliver’s History, 1898. Martin, F.W. & Rubert, Ruth M.: 1979. Edible Leaves of the Tropics, US Dept. of Agriculture, Puerto Rico. Margetson, Robert J.: n.d. Music (Calypso). Cultural Department, Ministry of Education & Culture, Antigua. McDaniel, Lorna: 1992. Antigua & Barbuda: History of Music. Published privately. Olsen, Dr. Fred: 1972. A Lush Forest Grew on Antigua 30 million years ago! Mill Reef Digger’s Digest #8 :14 March 1972. Protheroe, E.: n.d. New Illustrated Natural History of the World. Garden City Publishing, New York. Record & Hess: 1972. Timbers of the New World. Arno Press, NY. Samuel, Mr. Reginald: 1995. Personal communication. Smith & Smith: 1986. To Shoot Hard Labour Tonge, Gwen: n.d. Recipes of Antigua in the West Indies Webster’s Dictionary. NATIONAL HEROES There are two designated National Heroes: 1. Vere Cornwall Bird, 'Founder of the Nation' 2. Sir Vivian Richards, cricketer, 'The Master Blaster'. V. C. B I R D 1909/12 9 Dec. VCBird born, the third of four children. To St John's Boys School 1910 Dec 7th. VCBird, future Prime Minister, born at New St, St John's. 1939/01 16th.VCBird elected an executive member of the AT&LU. 1940 Feb.26th ATLU received legal status. VCBird President in 1943. 1943 VCBird worked w/Robert Griffin to help organise a Union in Montserrat. 1943 Vere Cornwall Bird elected second president of the ATLU 1945 Reginald Stevens the first president of ATLU died. VCBird took over. 1945/04 VCBird new President of ATLU and a member of the Legislative Council. 1945/09 VCBird, at Barbados meeting to launch a Caribbean Congress of Labour. 1946 AT&LU won all seats to Legislative. Council, inc. VCBird, E. Lake & E. Williams. 1946/04 VCBird presided over the Antigua Section of the WI Sugar Boiler's Association 1951/01 VCBird faced Moody-Stuart under the Tamarind Tree; demanded better wages 1955 VCBird to Kenya with delegation to see that Mau Mau prisoners were treated well. 1965/12 CARIFTA agreement signed at Dickenson Bay by VCBird, Barrow & Burnham. 1966 To rid colonialism, VCBird led a delegation to UK for independence. 1967 VCBird government took over 13,000 acres sugar lands with British loan of $5m 1967/02 28th Britain's Bottomley handed the constitution over to Premier VCBird 1967/03 Premier VCBird laid cornerstone of the Antigua University Centre. 1968/03 20th.VCBird resigned from PLM Govt, but George Walter refused. 1968/10 Oct 31. Deep Water Harbour formally opened by the Premier, VCBird. 1969 After 25 years, VCBird gave ATLU presidency. Jos. Lawrence took over. 1971/02 VCBird's ALP Government was voted out. VCB lost his seat in parliament 1976/02 18 Feb ALP victorious in the elections, VCBird back in Government. 1985 The Coolidge Airport was renamed the VCBird Airport, 28th Oct. 1987/01 Prime Minister VCBird reshuffled his Cabinet. 1987/01 A Ministry of Home Affairs created after a Cabinet reshuffle by VCBird 1987/11 Mon 2nd Nov. A bust of VCBird unveiled near the St John's Post Office 1988/01 Prime Minister VCBird had increased pressure within his ranks to reduce Cabinet 1988/11 22 Nov. VCBird received "Spirit of the Caribbean Award" in Miami. 1988/1 28 Dec. VCBird opened the new Coast Guard facility at Deep Water Harb 1988/12 New Government Printery with new equipment opened by VCBird. 1991/02 25th. St. .Luce resigned as Minister of Finance, VCBird took over. 1991/03 15th. P/Minister VCBird reshuffled his Cabinet. Lester Bird took Finance. 1992/02 US TV programme, VCBird's NBC interview, shown at East Bus Station. 1994 VCBird retired, his son Lester Bird became Prime Minister. 1994/02 17th.VCBird made last public announcement: Elections to be 8th March. 1998/06 VCBird Sr receives Order of the Caribbean Community Award.St. Lucia 1999/06 28th. VCBird, 'Father of the Nation' died at Holberton Hospital 1999/07 9th July. Sir VCBird the first to be buried in Heroes Park, Tomlinsons. S I R V I V I A N R I C H A R D S 1952/03 6th.Isaac Vivian Richards, cricketer, born at Drake St, St John's. 1974/75 Vivian Richards first test was at Bangalore versus India. 1975 Vivi Richards showed talent by scoring 30, 101, 50, 98 in two Tests. 1976 Cricket.Viv Richards scored 1,710 runs in Test incl 2 double centuries 1976 Viv Richards "graduated" by scoring 291 against England. 1985/03 A public holiday to celebrate Vivi Richards as 1st WI Cricket Captain 1988/11 11th.Viv Richards now made 100 centuries, highest ever by WI cricketer 1989/02 11th. Mini-carnival at Airport when Viv Richards arr. from Australian test 1991 Viv Richards retired as 3rd most successful captain in all test cricket 1991/03 6th. Vivi Richards became the leading W.I. test run-getter of all time. 1991/08 Viv Richards left the field for the last time. Wisden Trophy retained. 1993 Viv Richards held W.I. record for most runs, 829, in a cricket series. 1999 Viv Richards was knighted for his contribution to Cricket. 2000/05 29th. Vivian Richards, greatest cricket batsman, was knighted at the ARG. INDEPENDENCE THEMES Each year it is customary for the organising committee of Independence celebrations to work under a theme for the year. Here they are: 1981 "A Nation to Build, a Country to Mould" 1982 "Youth Development, for Greater Productivity". 1983 "One Nation, One Family". 1984 "Freedom attained, Freedom maintained!" 1985 "Youth participation in National Development". 1986 "A Peaceful Nation Moving Forward!". 1987 "Give thanks together for benefits". 1988 "Build Strong on a Solid Foundation". 1989 "Building an Excellent Structure". 1990 "Maintaining Excellence". 1991 "Reflections". 1992 "National Unity for a Secured Future" 1993 "Forward Together" 1994 "The Family - Foundation for a Strong Nation" 1995 "Unite to Rebuild our Land, our Pride, our Heritage" 1996 "From Emancipation to Independence our heritage and our future. 1997 "Forward together with Pride & Productivity". 1998 "Positive Development through Sustained Efforts" 1999 "Our Elders Our Foundation: Our Youth our Hope for the 21st Century" 2000 "Creating and Sustaining an Environment for a Culture of Peace" 2001 "Volunteering to Preserve and Safeguard our Heritage" 2002 "Reunion 21" 2003 "Unrelenting, Dedication and Unity, Key for a Better Nation". 2004 "Antigua Barbuda, One Family" THE GAME OF WARRI – INSTRUCTIONS The object of the game is to capture your opponent’s nickels. The nickels are called WARRI. WARRI means “HOUSE” in a great many African dialects and the Game came to the West Indies from the Gold Coast of Africa with the slaves. The word WARRI or HOUSES refers to the hollows on the board, and the counters are nickels, a small seed belonging to the Warri Bush,(Caesalpinia bonduc). Each player starts with 4 nickels in each of the hollows on his side of the board. That is, 24 nickels on each side. The object of the game is to capture 25 nickels. The only way to capture the opponent’s nickels is to end in one of the hollows where there are one or two nickels. That is if the last nickel drops in an empty hollow to make a final score of 2 or 3, these nickels are captured and placed in the player’s store. The opening player takes all of the nickels out of the hollows on his side and places one in each hollow in a counter-clockwise direction. The nickels of any unbroken sequence of 2’s and 3’s on the opponent’s side of the board adjoining and behind the plundered hollow are also taken. If a hollow contains more than 12 nickels then placing from one hollow will be more than one complete cycle of the board. The emptied hallow is omitted from the placing on the subsequent cycle and remains empty. When an opponent’s hollows are empty a player must, if possible, put nickels into them. However, if he cannot do so the game is over and all the nickels left on the board become the players. To TOP | | | | |
|  | [The Best Ways to Save Webpages to Read Later](https://www.abibitumi.com/community/math-and-science-stem/the-best-ways-to-save-webpages-to-read-later/#post-147248) | 34 relevance | 5 years ago | Ajamu | Math and Science (STEM) |
|  | The Best Ways to Save Webpages to Read Later There’s so much stuff on the Internet, we hardly have time to read most of it. Suffice to say, it can be a distraction. That’s why we’ve rounded up some of the best ways you can save webpages to read later. We have to say, the Internet is perhaps the most effective time-waster ever devised by humans, and all that wasted time can equal hundreds of hours of lost productivity. A few minutes here for this interesting article, a few minutes there for this cat video, and the next thing you know, you’ve lost a decent part of your day. Wouldn’t it be better to save something that catches your interest to read later? Read later services have been around for a couple of years now. The gist is this, something pops up in your newsfeed or email newsletter, and you then can take that link and send it to a list, which you can then pull up later to read on any device, anywhere. It sounds simple and it is, but that doesn’t mean all read later services are equal. What to Look for in a Read Later Service The nice thing about read later services is portability. You can save stuff from one location, which is sent to the cloud. Later, you can pick up another device on another platform, load up the website or use an app, and finish what you couldn’t read earlier. When looking for a decent read later service, at the very least, you should be able to use something like a bookmarklet that you can click when you find something interesting to save. It’s also nice if there is a browser extension such as for Chrome, Safari, or Firefox. Bookmarklets usually work with all the popular browsers such as Chrome (shown here), Firefox, Safari, Internet Explore, and Opera. Among other ways to save, are via email, sending to Kindle, and using an app with built-in read later integration. Twitter for iPad is just one example of an app with the option to save links to a read later service. Finally, while it isn’t necessarily a requirement, the best read later services have apps in addition to their website. These apps will typically offer a nice, clean, ad-free experience with options such as to tag articles for easy searching, favoriting, archiving, and more. What follows are some of the many ways you can save stuff on the Internet to read later. Send Stuff to Your Kindle In many cases you can use a read later service to send stuff to your Kindle. To send stuff to your Kindle you’ll first need to set up your Kindle account to accept saved links sent to your Kindle email. Once you do this, you need to log into your read later account, and configure its send-to-Kindle feature to send stuff to you Kindle email address. Once you’ve got that all set up, then you can save news articles, long-form pieces, and other interesting items, to read later on your Kindle device. If you’re interested in learning more, we recommend you check out our piece on how to send articles to your Kindle. Stick it in Your Pocket If we’re really being honest, Pocket is our favorite. The app is available for Android, iOS, and OS X. Additionally, it can be installed as an app or extension on Google Chrome, or can be used on Blackberry, Kindle Fire, Windows Phone, and more. Saving stuff to Pocket is really easy. For example, on Android you share as you normally would, such as here in Chrome, we tap the “Share…” option. Then “Add to Pocket” from the “Share via” menu. Similarly, you can do the same thing on iOS by enabling the Pocket option in the share menu. Here on our iPad, we’ve made Pocket our first share option. If you’re using a supported browser and you’ve got the Pocket extension installed, then all you do is click a button. The page is saved to Pocket, and you can add tags if you want to define links for easier searching. One of the nice things about the Pocket extension is that it also lets you remove pages if you accidentally add something you don’t want to save. There are also Pocket extensions for Safari and Firefox so you can have the same convenience if you use either of those browsers. Alternatively, if you don’t want to install an extension, you can use a bookmarklet with Chrome, Safari, Firefox, Opera, and Internet Explorer. Pocket also includes support to save articles via email or any one of over 500 apps in which Pocket can be integrated. However you save to things to Pocket, you can use the app to later read your stuff. The Pocket app on an iPad. There’s also a version for iPhone, Android, and Mac OS X. If your platform isn’t supported (sorry Windows users), then you can always use the Pocket website. Pocket is simply one of the best all-around options for your read-it-later activities, fulfilling pretty much everything on our read later wishlist: browser extensions, bookmarklets, app integration, multi-platform readers, and more. But, it’s not the only one. We’ve picked two other read later services that might peak your interest: Instapaper and Readability. Instapaper Instapaper, which as the name implies, turns your saved websites into black and white, paper-like representations, which you can then read later on Instapaper.com. Unlike Pocket, Instapaper only has apps for Android and iOS. Instapaper let’s you save via browser bookmarklets, Chrome extension, email, and If This Then That (IFTTT). Also, you can use a number of supported mobile apps, or send articles to read later on your Kindle. Overall, Instapaper is a pretty robust read later service with lots of options, and while it may not be as well integrated or support as many platforms as Pocket, its simple black and white format will likely appeal to many people who miss newspapers. Readability Finally there’s Readability, which is another popular read later service. If you’ve tried either of the previous two, then Readability won’t be much of a stretch to figure out. Like Pocket and Instapaper, Readability also has a Chrome extension, which has options to read now, later, or send an article to your Kindle. The default integrated Kindle support is a nice touch that sets it apart from Pocket and Instagram. You can also save articles using bookmarklets, one of a number of compatible apps such as Flipboard and Twitter, or via email. Readability is particular good about its namesake: readability. In addition to official apps for Android, iPhone, and iPad, you can use other compatible apps such as Reeder (for OS X), Early Edition 2, and more. The Readability app for iOS (iPad version pictured) is pretty standard fare. You can delete, favorite, change viewing options, and much more. By now you can see that read later services all do the same thing: save articles to a central list so you can read them later, anywhere. Pocket, Instapaper, and Readability all do this very well, but you do have other options. Use Safari If you use an Apple device, then the default browser Safari, already has read later capabilities built right into it. When you find an article you want to save, click on the “Share” button in the upper-right corner. From the list that pops out, select “Add to Reading List” On your iPhone or iPad, “Add to Reading List” will be a default option in Safari for iOS. When you want to revisit the stuff you’ve saved, open the Safari sidebar (if it isn’t open already) and click the Reading List icon. You can search through your list if it starts to get lengthy, or you can click the little gray “X” in the upper-right corner to delete. The great thing is that your reading list will sync to iCloud meaning that once you save an article to read later on one Apple device, it will be available on everything connected to that iCloud account The Reading List as seen on Safari for iPad. If you only use Apple devices and Safari then Reading List is a great way to save stuff for later without the need for add-on software or services. Use Facebook’s Save Feature You may not have noticed this, but Facebook sports a save feature too. Articles you see in your Facebook feed can be saved to read later by clicking or tapping the arrow button in the upper-right corner of a post. On the menu click or tap the Save “such-and-such-article” to add it to your Saved list, which can be found in the left navigation pane. You’ll find the same option available on Facebook’s Android and iOS apps. As you can see here on this profile’s Saved page, Facebook will let you save links, videos, events, and more. You can also share saved stuff in a new post, archive it, or delete it. Facebook’s saving feature isn’t as useful as the other read later options we’ve described, but if you already use Facebook to get most of your news, then it’s a convenient little feature you may not have known about. We’re pretty bullish when it comes to read later services. They’re very useful for increasing productivity because they remove the fear of forgetting when it comes to interesting stuff that pops up in our news feeds during the course of the day. Now with just a simple click or two, you can file all that stuff away until you actually have time to read it later. 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|  | [How to Bypass and Reset the Password on Every Operating System](https://www.abibitumi.com/community/math-and-science-stem/how-to-bypass-and-reset-the-password-on-every-operating-system/#post-119695) | 33 relevance | 5 years ago | Ajamu | Math and Science (STEM) |
|  | How to Bypass and Reset the Password on Every Operating System Passwords can be reset or bypassed on every operating system. On Windows, Linux, and Mac OS X, you can gain access to a computer’s unencrypted files after resetting the password — the password doesn’t actually prevent access to your files. On other devices where you can’t gain access to the files, you can still reset the device and gain access to it without knowing a password. These tricks all require physical access to the device. Windows RELATED ARTICLE How to Reset Your Windows Password Without an Install CD If you’ve forgotten your Windows password and you don’t have an install CD laying around, there’s no need to worry....[Read Article] There are many ways to reset a Windows password. Windows allows you to create a password reset disk that can reset your password in an approved way — create a disk first and you can use it if you ever need it. Resetting a password without an official tool is fairly simple. For example, the Offline NT Password & Registry Editor works well for this. First, you’ll need to boot from a special disc or USB drive — either a live Linux system or a specialized Offline NT Password & Registry Editor boot disc. The tool can edit the Windows registry, allowing you to clear the password associated with the user account. You can then boot into Windows and log into the account without a password. Even if you’re using Windows 8 with a Microsoft account, you can always reset the password of the built-in Administrator account to gain access. To protect against this, you could password-protect your BIOS and restrict booting from external devices. Someone with physical access to the PC could reset the BIOS password to bypass this. Encrypting your Windows system drive with something like BitLocker would prevent the registry from being accessed and modified with this tool — encryption is the only good protection. LinuxRELATED ARTICLE Reset Your Forgotten Ubuntu Password in 2 Minutes or Less If you've ever forgotten your password, you aren't alone… it's probably one of the most common tech support problems I've encountered over the years. Luckily if you are using Ubuntu they made it incredibly easy to reset your password. [Read Article] We’ll use Ubuntu as a concrete example here. Ubuntu offers a recovery mode in its default Grub boot menu — select Advanced options for Ubuntu and select Recovery mode. You’ll see the boot menu while booting your computer — if you don’t, you can hold the Shift key as you boot and the menu will appear. You can easily boot directly to a root shell prompt from here. This option isn’t necessary, as you can just press the e button to edit Ubuntu’s boot options and boot directly to a root shell prompt from within the main Grub menu. You’ll then be able to use the root shell to reset and change passwords on the system. If the Grub boot menu is locked and password-protected, you can still boot to Linux live media and change your password from there. Once again, encryption would prevent your system from being accessed and modified without your encryption passphrase. We used Ubuntu as an example, but almost every Linux distribution uses Grub and few people set a Grub password. Mac OS XRELATED ARTICLE 8 Mac System Features You Can Access in Recovery Mode A Mac’s Recovery Mode is for more than just reinstalling Mac OS X. You’ll find many other useful troubleshooting utilities...[Read Article] Macs have a built-in password reset tool, and it’s very easy to access. This option is available in recovery mode. You’ll need to restart your Mac by clicking the Apple menu and selecting Restart. Press and hold the Command + R keys as the computer boots and it will boot into recovery mode. Click the Utilities menu in recovery mode, select Terminal, type resetpassword into the terminal, and press Enter. You’ll see the Reset Password utility, which allows you to reset the password of a any user account on the Mac. You can also access this tool from a Mac OS X installation disc. To prevent your Mac’s password from being reset, you could enable FileVault disk encryption on your Mac, set a firmware password inside recovery mode, or both. Chrome OSRELATED ARTICLE How to Factory Reset a Chromebook (Even if It Won’t Boot) Chromebooks locally sync some data, so you’ll want to wipe that personal data when selling or passing on your Chromebook.... [Read Article] Your Chromebook’s user account password is your Google account password. You could reset your Google account password on the web to regain access. Let’s say you have a Chromebook you want to use, but you can’t sign in. Perhaps you’ve forgotten the Google password associated with the device. Perhaps an old Google account is considered the device’s owner account. In this scenario, you can boot the Chromebook to the sign-in screen and press Ctrl + Shift + Alt + R at the same time. You’ll be prompted to factory reset your Chromebook with Powerwash. After you reset it, you can log in with another Google account and that Google account will be considered the owner account. This will erase all data on the device, but most Chromebook data is synced online. There’s no way to gain access to a user’s files without their password on a Chromebook — those files are encrypted by default. AndroidRELATED ARTICLE How to Factory Reset Your Android Phone or Tablet When It Won’t Boot Safe mode can help you troubleshoot your Android, but sometimes you’ll need to wipe everything and restore your device to... [Read Article] If you forget your Android’s lock screen code, you can reset it. Try an incorrect password, PIN, or pattern a few times and you’ll eventually see a “Forgot password,” “Forgot PIN,” or “Forgot pattern” option. You can then regain access to your device by entering the username and password of the Google account associated with your device. If you don’t have this information either, you may be able to bypass the lock screen in other ways. This should be easy on a device with USB debugging enabled, as you can connect it to a computer and manipulate it over USB with adb — that’s why USB debugging is disabled by default. You can’t bypass the lock screen without your Google account password unless there’s a hole open in the device — for example, USB debugging. If you want to use the device, you can still perform a factory reset from recovery mode — this will set the device back to its factory state, wiping the data on it . You can then log in and set up the device with another Google account. iOSRELATED ARTICLE How to Reset Your iPhone or iPad, Even if it Won’t Boot You can easily reset your iPhone, iPad, or iPod touch to factory default settings. If you’re experiencing problems — even...[Read Article] iPhones, iPads, and iPod Touches are also built without a way to reset the password. Unlike on Android, you can’t just reset the device’s password with your Apple ID information. If you forget your iOS device’s password, you’ll have to perform a factory reset. However, if you’re syncing the device to an Apple ID and you still remember your Apple ID password, all your device’s data can be restored afterward thanks to iCloud backups. You can do this in several ways. If you’ve set up Find My iPhone, you can visit the iCloud website and erase your device from there. If you’ve backed up your device to iTunes on a computer, you can connect the device to your computer and restore your device from an iTunes backup. If you don’t have access to Find My iPhone and you’ve never backed up the device to iTunes, you can still reset the device using recovery mode. Turn off the device, press and hold the Home button, and then connect the device’s USB cable to your computer. If it doesn’t turn on automatically, turn it on. iTunes will tell you it’s detected a device in recovery mode and allow you to restore it to factory default settings. [HR][/HR] Passwords keep honest people honest, and they ensure people can’t gain access to your device without knowing the tricks or looking them up. But, if someone has physical access to your device and wants to bypass the password, there’s nothing you can do to stop them. Even encrypting your files will only protect your personal data — they can always wipe the encrypted data and start over fresh. | | | | |
|  | [Black Power, A Critique of the System Of International White Supremacy....](https://www.abibitumi.com/community/politics-and-law/black-power-a-critique-of-the-system-of-international-white-supremacy/#post-25461) | 32 relevance | 13 years ago | Oju | Politics and Law |
|  | Black Power, A Critique of the System Of International White Supremacy & International Capitalism By Stokely Carmichael \* \* \* \* \* We have intended to prepare a written speech for this Congress, and had started to prepare it three weeks before the trip, but the US government thought that I was starving it would be better if they saw to it that I got some meals every day, so they confined me to their prison system, and I lost all the notes. So I tried to get another one together. Now since I’ve been at the Congress from Saturday I’ve been very confused, because I’m not psychologist or a psychiatrist, I’m a political activist and I don’t deal with the individual. I think it’s a cop out when people talk about the individual. What we’re talking about around the US today, and I believe around the Third World, is the system of international white supremacy coupled with international capitalism. And we’re out to smash that system. And people who see themselves as part of that system are going to be smashed with it—or we’re going to be smashed. So that I’m not going to center on the individual—I’m not even going to talk about him at all. I want to talk about the system. I want to use some quotes to back up my feeling about talking of the system, and the first one comes from one of my patron saints: Frantz Fanon. His quote is that Freud insisted that the individual factor be taken into account through psychoanalysis. It will be seen the black man’s alienation is not an individual question. It is a question of socio-diagnostics. The Negro problem does not resolve itself into the problem of Negroes living among white men, but rather of Negroes exploited, enslaved, despised by the colonialist, capitalist society that is only accidentally white. But since it is accidentally white, that’s what we talk about white western society. Now the other reason that I don’t talk about the individual is that I feel that whenever you raise questions about racial problems to white western society, each white man says ‘Well don’t blame me, I’m only one person and I really don’t feel that way. Actually I have nothing against you, I see you as an equal. You’re just as good as I am—almost.’ And to try and clear that up I want to point out the difference between individual racism as opposed to institutionalized racism. It is important to this discussion of racism to make a distinction between the two types: individual racism and institutional racism. The first type consists of overt acts by individuals, with usually the immediate result of the death of victims, or the traumatic and violent destruction of property. This type can be recorded on TV cameras and can frequently be observed in the process of commission. The second type is less overt, far more subtle, less identifiable in terms of specific individuals committing the acts, but is not less destructive of human life. The second type is more the overall operations of established and respected forces in the society, and thus does not receive the condemnation that the first type receives. Let me give you an example of the first type: When unidentified white terrorists bomb a black church and kill five black children, that is an act of individual racism, widely deplored by most segments of the world. But when in that same city, Birmingham, Alabama, not five but 500 black babies die each year because of lack of proper food, shelter and medical facilities; and thousands more are destroyed and maimed physically, emotionally and intellectually because of conditions of poverty and discrimination in the black community, that is a function of institutionalized racism. When a black family moves into a home in a white neighbourhood, and it's stoned, burned or routed out, the latter is an overt act of individual racism, and many people condemn that, in words at least. But it is institutionalized racism that keeps the black people locked in dilapidated slums, tenements, where they must live out their daily lives subject to the prey of exploiting slum landlords, merchants, loan-sharks and the restrictive practices of real-estate agents. We’re talking now about the US, but I think you can apply a little of it to London. But the society either pretends it does not know of institutionalized racism, or is incapable of doing anything meaningful about the conditions of institutionalized racism. And the resistance to doing anything meaningful about institutionalized racism stems from the fact that western society enjoys its luxury from institutionalized racism, and therefore, were it to end institutionalized racism, it would in fact destroy itself. O.K. then, now I want to talk about de-mystifying human beings, and I’m talking about the Third World, I’m not talking about the white West. I think that the Third World are the people whom, at least in the US, black people are concern with. The white West has been able to do very well for itself. I want to talk, then, very specifically about a number of things under that. The first is the importance of definitions. The second: we want to talk about cultural integrity versus cultural imposition. And then we want to talk about the US, specifically the cities and the rebellions (as opposed to ‘riots’ as they are called by the white press) that are occurring in the US, which are going to lead to guerrilla warfare. And we want to talk about violence because the West is always upset by violence when a black man uses it. Yeah. I want to start with definitions by using a quote from one of my favourite books, which is Alice in Wonderland, by Lewis Carroll. In the book there’s a debate between Humpty Dumpty and Alice around the question definitions. It goes like this: ‘When I use a world,’ Humpty Dumpty said, in a rather scornful tone, ‘It means just what I choose it to mean. Neither more or less.’ ‘The question is,’ said Alice, ‘whether you can make words mean so many different things.’ ‘The question is,’ said Humpty Dumpty, ‘who is to be master. That is all.’ Now I think that Lewis Carroll is correct. Those who can define are the masters. And white western society has been able to define, and that’s why she has been the master. And we want to follow up with a lot of those examples, because I think that the white youth of my generation in the West today does not understand his own subconscious racism, because he accepts the writings of the West, which has destroyed, distorted and lied about history, so that he starts off with a basic assumption of superiority which is not even recognizable. Frederick Douglas, the great black leader of the 1800s, said that when a slave stops obeying a master, then and only then does he seek his liberation. Camus said the same thing 100 years later on the first page of The Rebel, when he said that when a slave stops accepting definitions imposed upon him by his master, then and only then does he begin to move and create a life for himself. That’s very important, because what the people of the Third World are going to have to do today is to stop accepting the definitions imposed on them by the West. Let’s give some examples. The first one is that the history books tell you that nothing happens until a white man comes along. If you ask any white person who discovered America, they’ll tell you ‘Christopher Columbus’. And if you ask them who discovered China, they’ll tell you ‘Marco Polo’. And if you ask them, as I used to be told in the West Indies, I was not discovered until Sir Walter Raleigh needed pitch lake for his ship, and he came along and found me and said ‘Whup—I have discovered you.’ And my history began. But let us examine the racism in that statement. Let us examine it very closely. Columbus did not discover America. Columbus may be the first recorded white man to have set foot in America. That is all. There were people there before Columbus. Unfortunately, those people were not white—unfortunately for the white West, fortunately for us, they weren’t white. But what happens is that white western society never recognizes the existence of non-white people, either consciously or subconsciously. So that all around the world, the peoples of the Third World never did anything until some white man came along—and that’s why China’s non-existent, because Mao won’t let no white folk in there. Yeah. And pretty soon Hong Kong is going to be non-existent because they’re going to kick them out. So that the situation you have is that history has been written—but indeed it has been so distorted. One of the biggest lies, I think, that western society could have told was to name itself Western Civilization. And now all through history we were studying Western Civilization, and that meant that all else was uncivilized. And white kids who read that today never recognize that they’re being told that they are superior to everybody else because they have produced civilization. At best, that’s a misnomer, at worst, and more correctly, it’s a damn lie. Yes. Western Civilization has been anything but civilized. It has been more barbaric, as a matter of fact. We are told that Western Civilization begins with the Greeks, and the epitome of that is Alexander the Great. The only thing that I can remember about Alexander the Great was that at age twenty-six he wept because there were no other people to kill, murder and plunder. And if you’re not satisfied with that, you could always take the Roman Empire. Their favourite pastime was watching men kill each other or lions eating up men. They were a civilized people. The fact is that their civilization, as they called it, stemmed from the fact that they oppressed other peoples. And that the oppression of other people allowed them a certain luxury, at the expense of those other people. That has been interpreted as ‘civilization’ for the West, and that is precisely what it has done. The only difference is that after the Roman Empire, when the British Empire—on which the sun never used to set, but today it sets, sometimes it don’t even rise—began to exploit non-white people, what they did was they let colour be the sole choice of the people they would exploit. Now that’s very important because as we go along you can see one of the best examples you can see today. You see, because you’ve been able to lie about terms, you’ve been able to call people like Cecil Rhodes a philanthropist, when in fact he was a murderer, a rapist, a plunderer and a thief. But you call Cecil Rhodes a philanthropist because what h did was that after he stole our diamonds and our gold, he gave us some crumbs so that we can go to school and become just like you. And that was called philanthropy. But we are renaming it: the place is no longer called Rhodesia, it is called Zimbabwe, that’s its proper name. And Cecil Rhodes is no longer a philanthropist, he’s known to be a thief—you can keep your Rhodes Scholars, we don’t want the money that came from the sweat of our people. Now let us move on to present times. I’m always appalled when some white person tells me that ‘progress is being made’. I always ask him ‘progress for whom? And from whom?’ Progress for white people might be made, because I would say that since World War II they have learned a little about how to get along with people of colour. But I don’t think there’s been progress for the black people, there’s not been progress for the people of colour around the Third World. And progress will not be measured for us by white people. We will have to tell you when progress is being made. You cannot tell us when progress is being made, because progress for us means getting you off our backs, and that’s the only progress that we can see. Now then, we want to talk about cultural integrity versus cultural imposition, because that stems from definitions. Because the white West felt somehow that it was better than everybody else—I remember when I was a young man in the West Indies, I had to read Rudyard Kipling’s The White Man’s Burden. I thought the best thing the white could do for me was to leave me alone, but Rudyard Kipling told them to come and save me because I was a half savage, half child. It was very white of him. What has happen is that the West has used force to impose its culture on the Third World wherever it has been. If a few settlers left England to go to Zimbabwe, there was no reason for them to rename that country after themselves, Rhodesia, and then force everybody to speak their language, English. If they had respect for the cultures of other people, they would have spoken the language of those people and adopted their religions. But what in fact happened was because the West was so powerful—that’s the word nobody want to talk about, power. It was the only power that made people bow their heads to the West, you know. They didn’t bow it because they liked Jesus Christ, or because they liked white folks. No, Machiavelli said a long time ago that "people obey masters for one of two reasons. Either they love them, or they fear them.’" I often ask myself whether or not the West believes the Third World really loves them and that’s why they’ve obeyed them. But it’s clear that they feared them. The West with its guns and its power and its might came into Africa, Asia, Latin America and the USA and raped it. And while they raped it they used beautiful terms. They told the Indians ‘We’re civilizing you, and we’re taming the West. And if you won’t be civilized, we’ll kill you.’ So they committed genocide and stole the land, and put the Indians on reservations, and they said that they had civilized the country. They weren’t satisfied with that. They came to Africa and stole Africans and brought them to the USA, and we were being brought there to be ‘civilized’, because we were cannibals and we ate each other, and they were going to give us a better life, which was, of course, slavery. Now I want to make just one clear distinction, before I move on, in terms of cultural integrity. Inside the countries of the West there was democracy for the whites, at least some form of it. But that democracy was at the expense of non-white people. While Britain surely enjoyed her papers, and her Parliamentary nonsense about constitutionality, she was suppressing all of Africa. The same thing holds true for France, and De Gaulle still suppresses Somaliland, I would like to inform him; and the same thing, of course, is true today for the US. White people are very funny, you know. De Gaulle got out of Vietnam a few years ago, and now he’s gotten very broad-minded. But he’s still in Somaliland. So what the West was able to do is impose its culture and it told everyone ‘we are better, we are civilized’. And because of its force, all of the non-white countries began to try to imitate Europe and to imitate its ways, and to try and copy it because nobody wanted to be uncivilized. … Our ancestors had recognized that they knew what civilization was long before Europeans even got out of their caves, and that they should have stuck to their way of life. Had they done that, perhaps we shouldn’t be in the shape we are in today. So that all other non-western people have been stripped of their own culture. They have been forced to accept a culture that does not belong to them. And so messed up are the minds of people of colour around the world, that in certain sections of Vietnam today, and in Japan certainly, women who have slanted eyes are cutting their eyes so that they can get round eyes to look like the West. Needless to say what black people have been doing to their hair, especially females: they have been putting hot combs in their hair, straightening it, attempting to look like white people, because the West has defined beauty as that which was theirs—the white woman, who was supposed to be taboo. And so the non-white world began to copy and to imitate, began to do all of these things of the West. I think what is happening in the world today is that there’s a fight for cultural integrity. Each group of people wants to retain its own integrity, and say ‘To Hell with the West and its culture. Let it keep it. We want ours.’ I don’t propose to speak for the Red Guards, but I would assume that that’s fight and it needs to be waged. I know in the US that one of the fights that we’re waging is the fight for our own cultural integrity. We want to be able to recognize the contributions that non-white people of the world have made. It’s amazing that, when you do some reading, you find out that they did most of what the white people claim that they did. They just distorted history. Pythagoras didn’t give you geometry, the Egyptians gave it to you. I have something against England, I really do. Because when I was young I had to read all that rot about how good England was to Trinidad, while she was raping us left and right. And all I used to read about London when I was small was the beauty of London, and how peacefully everybody lived, and how nice life was—at my expense. And I used to say ‘I sure would like to get to London and burn it down to the ground.’ But that’s violence! Now the trouble with the West is that it feels it has the right to give everybody their independence. That’s totally absurd. You can never give anyone their independence. All men are born free. They are enslaved by other men. So that the only act that the men who enslaved them can do is, not give them their independence, but stop oppressing them. There’s a very important difference, and I don’t think people make that distinction all the time. I’m amazed when I pick up the paper and read that ‘England today decided to give independence to the West Indies.’ Who the hell is England to give my independence? All they can do is stop oppressing me, get off my back. But it sounds so much nicer when they say, ‘We’re giving you your independence. You’re ready for it now.’ Rather than for them to admit to themselves ‘We’re going to stop oppressing you because you’re becoming a little bit more civilized; or because you’re making it uncomfortable for us and we can no longer afford to oppress you at the price that you’re asking us to pay.’ Which is correct. But you wouldn’t expect self-condemnation. So that you cannot grant anybody independence, they just take it. And that is what white America is going to learn. They cannot give us anything. No white liberal can give me anything. The only thing a white liberal can do for me is to help civilize other whites, because they need to be civilized. Now in order to move on to the US—because I know what’s on everybody mind is the rebellions and the guerrilla warfare that is taking place inside the US—I’d just like to read some of the notes that I jotted down, so that you can maybe get a clearer picture, because you don’t live in the States. However, I don’t think you really need that much of a clearer picture, because England isn’t far behind. It is estimated that in another five to ten years two thirds of the 20 million black people that inhabit the US will be living in the ghettoes, in the heart of the cities. Joining us are going to be hundreds of thousands of Puerto Ricans, Mexican Americans, and people of the American Indian population. The American city, in essence, is going to be populated by the peoples of the Third World while the white middle classes will flee to the suburbs. Now the black people do not control, nor do we own, the resources—we do not control the land, the houses or the stores. These are all owned by whites who live outside the community. These are very real colonies, in the sense that there is cheap labour exploited by those who live outside the cities. It is white power that makes the laws, and enforces those laws with guns and sticks in the hands of white racist policemen and their black mercenaries. It does not seem that at any point the men who control the power and resources of the US ever sat down and designed those black enclaves, and formally articulated the terms of their colonial and dependent status, as was done, for example, by the Apartheid government of South Africa which both Britain and the US and France backs. Yet one cannot distinguish between one ghetto and another as one moves around the US. It appears as if each ghetto is the same. Note that the US has, within its continental borders, forty-eight states, and each of these states has a ghetto in all of its major cities. As one moves from city to city it is as though some malignant, racist, planning unit had done precisely this; designed each one from the same master blue-print. And indeed, if the ghetto has been formally and deliberately planned, instead of growing spontaneously and inevitably from the racist functionings of the various institutions that combine to make the society, it would somehow be less frightening. The situation would be less frightening, because if these ghettoes were the result of design and conspiracy, one could understand their similarity as being artificially and consciously imposed, rather than the result of identical patterns of white racism which repeat themselves in cities as far apart as Boston is from Watts—that is 3,000 miles. We understand that capitalist system automatically contains within itself racism, whether by design or not. Capitalism and racism seem to go hand in hand. The struggle for Black Power in the US, and certainly the world, is the struggle to free these colonies from external domination. But we do not seek merely to create communities where, in place of white rulers, black rulers control the lives of black masses, and where black money goes into a few black pockets. We want to see it go into the communal pocket. The society we seek to build among black people is not an oppressive capitalist society. Capitalism, by its very nature, cannot create structures free from exploitation. The question may be asked, how does the struggle to free these internal colonies relate to the struggle against imperialism all around the world? We realistically survey our numbers and know that it is not possible for black people to take over the whole country militarily. In a highly industrialized nation the struggle is different. The heart of production and the heart of trade is in the cities. We are in the cities. We can become, and are becoming, a disruptive force in the flow of services, goods and capital. While we disrupt internally and aim for the eye of the octopus, we are hoping that our brothers are disrupting externally to server the tentacles of the US. That’s very important, because Newark, New Jersey, is where Engelhart has his capital—and for the last five days he couldn’t do any work. Good move for the Africans. You know who Engelhart is, don’t you-you don’t—you should read about South Africa, he controls most of it, along with Rockefeller, the liberal; from the US. It is sometimes said that the African-American movement in the US does not understand the true nature of the struggle in the world today; that the movement is involved in fighting only racial discrimination, and only with the weapon of non-violence. It used to be. As you know, the Black Power movement which SNCC initiated moved away from the movement for integration. This was not only because the movement’s goals were middle class—such as job opportunities for college graduates, equal public facilities—and not only because white Americans’ concept of integration was based on the assumption that there was nothing of value in the black community and that little of value would ever come from the black community—and that’s very important, because the West doesn’t understand its own racism when they talk about integration. When they talk about integration, they talk about accepting black people—isn’t that ridiculous? I had to talk about whether or not I want to accept them, and they’re never willing to talk about that, because they know they’ll come up losing. So that integration is absolutely absurd unless you can talk about it on a two-way streak, where black people sit down and decide about integration. That means if you’re really going to talk about integration, you don’t talk about black people moving into white neighbourhoods, you talk about white people moving into black neighbourhoods. Because of the middle-class orientation of the integration movement, and because of its subconscious racism, and because of its non-violent approach, it has never been able to involve the black proletariat. It could never attract and hold the young bloods who clearly understood the savagery of white America, and who were ready to meet it with armed resistance. It is the young bloods who contain especially the hatred Che Guevera speaks of when he says, and I quote: "Hatred as an element of the struggle, relentless hatred of the enemy that impels us over and beyond the natural limitations of man, and transforms us into effective, violent, selected and cold killing machines.' The Black Power movement has been the catalyst for the bringing together of these young bloods—the real revolutionary proletariat, ready to fight by any means necessary for the liberation of our people. \* \* \* \* The Black Power movement in the US is exposing the extent of the racism and exploitation which permeates all the institutions in the country. It has unique appeal to young black students on campuses across the US. These students have been deluded by the fiction in white America that if the black man would educate himself and behave himself, he would be acceptable enough to leave the ranks of the oppressed and have tea with the Queen. However, this year, when provoked by savage white policemen, students on many campuses fought back, whereas before they had accepted these incidents without rebellion. As students are a part of these rebellions, they begin to acquire a resistance-consciousness. They begin to realize that white America might let a very few of them escape, one by one, into the mainstream of a society, but as soon as blacks move in concert around their blackness she will reply with the fury which reveals her true racist nature. It is necessary, then, to understand that our analysis of the US and international capitalism is one that begins in race. Colour and culture were, and are, key factors in our oppression. Therefore our analysis of history and our economic analysis are rooted in these concepts. Our historical analysis for example views the US as being conceived in racism. Although the first settlers themselves were escaping from oppression, and although their armed uprising against their mother country was around the aggravation of colonialism, and their slogan was ‘no taxation without representation’, the white European settlers could not extend their lofty theories of democracy to the red men, whom they systematically exterminated as they expanded into the territory of the country which belonged to the red men. Indeed, in the same town in which the settlers set up their model of government based on the theory of representative democracy, the first slaves were brought from Africa. In the writings of the glorious Constitution, guaranteeing ‘life, liberty, the pursuit of happiness’ and all the other garbage, these rights for white men only, for the black man was counted only as three fifths of a person. If you read the US Constitution, you will see that this clause is still in there to this very day—that the black man was three fifths of a man. It was because white America needed cheap or free labour that she raped our African homeland of millions of black people. Because we were black and considered inferior by white Americans and Europeans, our enslavement was justified and rationalized by the so-called white Christians, who attempted to explain their crimes by spouting lies about civilizing the heathens, pagans, savages from Africa, whom they portrayed as being ‘better off’ in the Americas than they were in their homeland. These circumstances laid the systematic base and framework for the racism which has become institutionalized in white American society. In our economic analysis, our interpretation of Marx comes not only from his writing, but, as we see it, from the relationship of capitalistic countries to people of colour around the world. Now I’m going to use the Labour Movement as an example to show what happens when people in a white country in the West organize themselves when they’re being oppressed. I want to use the Labour Movement in the US because it’s always quoted around the world as the real movement, or friend, of the black man, who is gong to be able to help him. This is true for all other little white countries when the white workers organize—here’s how they get out of the bind. The Labour Movement of the US—while in the beginning certainly some of their great leaders in the struggle were against the absolute control of the economy by the industrial lords—essentially fought only for money. And that has been the fight of white workers in the West. The fight for one thing—more money. Those few who had visions of extending the fight for workers’ control of production never succeeded in transmitting their entire vision to the rank and file. The Labour Movement found itself asking the industrial lords, not to give up their control, but merely to pass out a few more of the fruits of this control. Thereby did the US anticipate the prophecy of Marx, and avoided the inevitable class struggle within the country by expanding into the Third World and exploiting the resources and slave labour of people of colour. Britain, France, did the same thing. US capitalists never cut down on their domestic profits to share with the workers. Instead, they expanded internationally, and threw the bones of their profits to the American working class, who lapped them up. The American working class enjoys the fruits of the labours of the Third World workers. The proletariat has become the Third World, and the bourgeoisie is white western society. And to show how that works—and not only how it works just in terms of the bourgeoisie—I’ve watched the relationships of whites to whites who are communist, and whites to non-whites whom they called communist. Now every time the US wants to take somebody’s country, they get up and say ‘Communists are invading them and terrorist guerilla warfare is on the way, and we must protect democracy, so send thousands of troops to Vietnam to kill the Communists.’ Italy is a white country. Over one third of its population is communist. Why doesn’t the US invade Italy? Tito is an acknowledged communist. The US gives him aid. Why don’t they invade Tito’s country, if they really care about stopping communism? The US is not kidding anybody. When they want to take over somebody’s land who is non-white, they talk about communist aggression — that’s what they did in Cuba, in Santo Domingo, and it’s what they’re doing in Vietnam. They’re always telling people how they’re going to stop them from going communist. And don’t talk about dictatorship. Franco is perhaps the worst dictator in the world today, but the US gives him aid. So that is clear it is not a question of communist invasion; it’s really a question of being able to take the countries they want most from the people, and the countries they most are obviously the non-white countries because that is where the resources of the world are today. That’s where they have been for the last few centuries. And that’s why white western society has to be there. Now we want to make two distinctions, because when rebellions break out in the large cities of America, the first thing that people say is that they’re riots. And white western society is very good, the first thing they want is order; law and order. ‘We must have law and order.’ They never talk about justice, because they’re incapable of talking about it. Hitler had the most efficient system of law and order I’ve ever seen. He happened to have been a fascist. He did not have justice coupled with his law and order. The US knows about law and order, it doesn’t know about justice. It is for white western society to talk about law and order. It is for the Third World to talk about justice. Now we want to talk just a little about violence. For God’s sake, I don’t understand how the white West can ever talk against violence. They are the most violent people on the face of the earth. They have used violence to get everything they have. And yet they’re the first to talk against violence. The armed rebellions and the guerrilla warfare going on in the US today is not the most violent thing going on in the world. Vietnam, South Africa, Zimbabwe, Hong Kong, Aden, Somaliland—that’s where your violence really is. For violence takes many forms. It can take the form of physical warfare, or it can take the form of a slow death. The Jews in the Warsaw ghettoes were suffering from violence. It didn’t take an actual physical form until they were put in the gas chambers, but they were suffering from mental violence. Wherever you go in Africa today, the Africans are suffering from violence, violence inflicted on them by the white West, be it that they are stripped of their culture, of their human dignity, or of the resources of their very land. And it is crystal clear to the peoples of the Third World today that it’s time out for talk. There can be no talk about how to stop violence. That’s clear because even Camus talks about that, even though he cops out. Camus talks about executioner/victim. He says, well, there’s executioner/victim relationships in society, and the executioner uses force to keep his victim down. But the victim get tired of that. And what happens is that when the victim moves either to a position of equality or to try to conquer the executioner, he uses the force and the means and the methods that his oppressor used to keep him down. That happens to be violence. I never get caught up with violence. As a matter of fact, one of my favourite quotes on that, to stop all the talk about it, is a quote from Sartre, which my patron saint used. Sartre says: What then did you expect when you unbound the gag that had muted those black mouths? That they would chant your praises? Did you think that when those heads that our fathers had forcefully bowed down to the ground were raised again, you would find adoration in their eyes? That’s Jean-Paul Sartre, not me. We are working to increase the revolutionary consciousness of black people in America to join with the Third World. Whether or not violence is used is not decided by us, it is decided by the white West. We are fighting a political warfare. Politics is war without violence. War is politics with violence. The white West will make the decision on how they want the political war to be fought. We are not any longer going to bow our heads to any white man. If he touches one black man in the US, he is going to go to war with every black man in the US. We are going to extend our fight internationally and we are going to hook up with the Third World. It is the only salvation—we are fighting to save our humanity. We are indeed fighting to save the humanity of the world, which the West has failed miserably in being able to preserve. And the fight must be waged from the Third World. There will be speakers. They will be Che, they will be Mao, they will be Fanon. You can have Rousseau, you can have Marx, you can even have the great libertarian John Stuart Mill. I want to tell you why violence is important in terms of building a resistance-consciousness in the US. Now I want to use a quote which we learned from Germany: The triumph of the Storm Troopers required that the tortured victim allow himself to be led to the gallows without protesting, that he repudiate and abandon himself to the point where he ceases to affirm his identity. There is nothing more terrible than these processions of human beings going to their death like human beings. I’m afraid black Americans cannot afford to march to the gallows the way Jews did. If the US, white America, decides to play Nazis, we’re going to let them know the black Americans are not Jews, we’re going to fight back to the death. And in case you think that sounds very violent, let me remind you of a poem that your great, great Prime Minister, Sir Winston Churchill, read when you were getting ready to attack Germany, even though you were told that you were a minority. He read a poem, incidentally, I don’t know if he told you, which was written by a black man named Claude McKay from Jamaica, and he wrote it for black people. It's called ‘If we must die’. It is our poem today in the US. Its message goes something like this: We will nobly die, fighting back, and for each of the thousand blows we will deal one death blow. But we’re going to die like men. We are not going to take the oppression of white society any longer. That is clear in our minds. How it is in white society’s mind is another question, but they are not defining for us any longer our struggle. We will define our struggle and we will carry it out as we see fit. We have to extend our fight internationally, not only because such a consciousness would destroy within black communities the minority complex so carefully calculated by the American press, but also because we know that if the black man realizes that the counter-insurgency efforts of the US are directed against his brothers, he will not fight in any of their wars. He will not go. Then it will become crystal clear to the world that the imperialist wars of the US are nothing less than racist wars. During the past year we have initiated a black resistance movement to the Draft, which is being led by our hero, the World Champion, Mr Mohammed Ali. Not only because we’re against black men fighting their brothers in Vietnam, but also because we’re certain that the next Vietnam will either be in the Congo, in South Africa, in Zimbabwe, Bolivia, in Guatemala, in Brazil, in Peru, or indeed in the West Indies. And we are not going to fight our brothers. And to answer your question about violence, the African-American has tried for the past 400 years to peacefully coexist inside the US. It has been to no avail. We have never lynched a white man, we have never burned their churches, we have never bombed their houses, we have never beaten them in the streets. I wish we could say the same for white people around the world. Our history demonstrates that the reward for trying to peacefully coexist has been the physical and psychological murder of our peoples. We have been lynched, our houses have been bombed, and our churches burned. We are now being shot down like dogs in the streets by white racist policemen. We can no longer accept this oppression without retribution. We understand that as we expand our resistance, and internationalize the consciousness of our people, as our martyred brother Malcolm X did, we will get retaliation from the government, as he did. As the resistance struggle escalates we are well aware of the reality of Che’s words, when he says: The struggle will not be a mere street fight, but it will be a long and harsh struggle. And to the end, we are going to work with our common brothers and sisters in the Third World to fight this oppression. I would like to conclude, then, by telling you just precisely what black people in America are going to do, and when we’re going to do it, and how we’re going to do it, and why we’re going to do it. This is your only chance to hear it clear, because you’ll be hearing it from the BBC next time. Black people in the US have no time to play nice polite parlour games, especially when the lives of our children are at stake. Some white Americans can afford to speak softly, tread lightly, employ the soft sell and put-off—or is it put-down?—because they own the society. For black people to adopt their methods of relieving our oppression is certainly ludicrous. We blacks must respond in our own way, on our own terms, in a manner which fits our temperaments. The definition of ourselves, the road we pursue, the goals we seek are our responsibility. It is crystal clear that society is capable of, and willing to, reward those individuals who do not forcefully condemn it—to reward them with prestige, status and material benefits. But these crumbs of corruption will be rejected. The plain fact is that as a people we have absolutely nothing to lose by refusing to play such games. Anything less than clarity, honesty and forcefulness perpetuates the centuries of sliding over, dressing up and soothing down the true feelings, hopes and demands of an oppressed black people. Mild demands and hypocritical smiles mislead white America into thinking that all is fine and peaceful; they lead white America into thinking that the path and pace chosen to deal with racial problems are acceptable to the masses of black Americans. It is far better to speak forcefully and truthfully. Only when one’s true self, black or white, is exposed can society proceed to deal with the problems from a position of clarity, and not from one of misunderstanding. Thus we have no intention of engaging in the rather meaningless language so common to discussions of race in the world today. They say: Things were and are bad, but we are making progress. Granted, your demands are legitimate, but we cannot move hastily. Stable societies are best built slowly. Be careful that you do not anger or alienate your white allies. Remember, after all, you are only ten per cent of the population. We reject the language and these views, whether expressed by blacks or by whites. We leave them to others to mouth, because we don’t feel that this rhetoric is either relevant or useful. Rather we suggest a more meaningful language—that of Frederick Douglas, a great black man who understood the nature of protest in society. He said: Those who profess to favour freedom, yet deprecate agitation, are men who want crops without ploughing up the ground. They want rain without thunder and lightning. They want the ocean without the awful wrath of its many waters. Power concedes nothing without demands—it never did and it never will. Find out just what any people will quietly submit to, and you have found out the exact measure of injustice and wrong which will be imposed upon them. And these will continue until they are resisted with either words or blows, or with both. The limits of tyrants are prescribed by the endurance of those whom they oppress. He was a slave. Black Power, to us, means that black people see themselves as a part of a new force, sometimes called the Third World; that we see our struggle as closely related to liberation struggles around the world. We must hook up with these struggles. We must, for example, ask ourselves: when black people in Africa begin to storm Johannesburg, what will be the reaction of the US? What will be the role of the West, and what will be the role of black people living inside the US? It seems inevitable that the US will move to protect its financial interests in South Africa, which means protecting the white rule in South Africa, as England has already done. Black people in the US have the responsibility to oppose, and if not to oppose, certainly to neutralize the effort by white America. This is but one example of many such situations which have already arisen around the world; there are more to come. There is only one place for black Americans in these struggles, and that is on the side of the Third World. Now I want to draw two conclusions. I want to give a quote from Fanon. Frantz Fanon in The Wretched of the Earth puts forth clearly the reasons for this, and the relationships of the concept called Black Power to the concept of a new force in the world. This is Mr Fanon’s quote: Let us decide not to imitate Europe. Let us try to create the whole man, whom Europe has been incapable of bringing to triumphant birth. Two centuries ago a former European colony decided to catch up with Europe. It succeeded so well that the USA became a monster in which the taints, the sickness and the inhumanity of Europe has grown to appalling dimensions. The Third World faces Europe like a colossal mass, whose aim should be to try to resolve the problems to which Europe has not been able to find the answers. It is a question of the Third World starting a new history of man, a history which will have regard to the sometimes prodigious thesis which Europe has put forward, but which will also not forget Europe’s crimes, of which the most horrible was committed in the heart of man and consisted of the pathological tearing apart of his functions and the crumbling away of his unity. No, there is no question of a return to nature. It is simply a very concrete question of not dragging men towards mutilation, of not imposing upon the brain rhythms which very quickly obliterate it and wreck it. The pretext of catching up must not be used for pushing men around, to tear him away from himself or from his privacy, to break and to kill him. No, we do not want to catch up with anyone. What we want to do is go forward all the time, night and day, in the company of man, in the company of all men. Since there’s been a lot of talk about psychology, I’ve thought up a psychological problem. White liberals are always saying ‘What can we do?’ I mean they’re always coming to help black people. And I thought of an analogy. If you were walking down the street and a man had a gun on another man—let’s say both of them were white—and you had to help somebody, whom would you help? It’s obvious to me that if I were walking down the street, and a man had a gun on another man, and I was going to help, I’d help the man who didn’t have the gun, if the man had the gun was just pulling the gun on the other man for no apparent reason—if he was just going to rob him or shoot him because he didn’t like him. The only way I could help is either to get a gun and shoot the man with the gun, or join the fellow who doesn’t have a gun and both of us gang up on the man with the gun. But white liberals never do that. When the man has the gun, they walk around him and they come to the victim, and they say "Can I help you?." And what they mean is ‘help you adjust to the situation with the man who has the gun on you’. So that if indeed white liberals are going to help, their only job is to get the gun from the man and talk to him, because he is in fact the sick man. The black man is not the sick man, it is the white man who is sick, he’s the one who picked up the gun first. So the psychologists ought to stop investigating and examining people of colour, they ought to investigate and examine their own corrupt society. That’s where they belong. And once they are able to do that, then maybe we can move on to build in the Third World. I want to conclude, then, by reading a poem that was written by a young man who works in SNCC, the organization for which I work. His name is Worth Long. It’s called ‘Arson and Cold Grace, or How I Yearn to Burn, Baby, Burn’. We have found you out, four faced Americans, we have found you out. We have found you out, false faced farmers, we have found you out. The sparks of suspicion are melting your waters And waters can’t drown them, the fires are burning And firemen can’t calm them with falsely appeasing And preachers can’t pray with hopes for deceiving Nor leaders deliver a lecture on losing Nor teachers inform them the chosen are choosing For now is the fire and fires won’t answer To logical reason and hopefully seeming Hot flames must devour the kneeling and feeling And torture the masters whose idiot pleading Gets lost in the echoes of dancing and bleeding. We have found you out, four faced farmers, we have found you out. We have found you out, four faced America, we have found you out. \* \* \* \* \* Source: To Free a Generation: The Dialectics of Liberation • edited by David Cooper • London • Collier Books • 1969 | | | | |

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