

CHAPTER 4: HEALTH

"Britain's **National Health Service. Not based on ability to pay.** NHS = **Equal care for all.**" "**The NHS is one of the most HUMANE achievements of government** (introduced in 1948 by the Labour government...)

"Known as a **'FREE' service...**" (the NHS is paid for via a National Insurance Stamp - a **small** weekly contribution is deducted directly from pay - with tax). "The British National Health Service is the **largest European employer** (after the Red army.)"

PROUD UK GOVERNMENT BOAST: "The NHS is the Envy of the World" (means: The NHS is unique? **Other countries** do **NOT** have a **National Health Service? That is Terrible!**)

"The NHS is the BEST health care in the World." (Therefore **people, who are not UK residents**, try to gain access to this 'FREE' health service... (**Arguments against** immigrants tend to centre on the world's **lack of Affordable Housing, Health care and Education...**)

Q: HOW could other COUNTRIES provide an AFFORDABLE National Health Service to satisfy the needs of their citizens?

A: "... it could make ideal small (cottage) local hospitals, if only someone would realise it..." "... it looks good, it feels good, and it does you the power of good..." "Patients would love it..."

i.e. Copy the way the NHS is set-up (learn from our mistakes!) **Invest in MODERN Modules** EG. (Mobile?) **operating theatres, clinics...** Do a deal with the supplier/s... The money saved on acquisition, maintenance and running costs - **all helps for the provision of Affordable medical services, medicines etc.**

-----**UK:**
MAJOR PROBLEM: "THE FINANCING FOR (traditional) BUILDING WORK. **What is the best way out of this? Cut a department? Opt out? Get rid of the manager? Cut nurses?" "35% job cuts in hospitals over next 5 years"** (5/2/1993).

"The **difficulties** for health professionals at the **sharp** end..."

EG. **HOSPITAL FIRE:** "Fire swept through one of London's biggest hospitals (875 beds)... at the height of the blaze more than 100 firemen fought to stop the flames spreading to the intensive care unit... the building was severely damaged..." (7/10/1992) ("When they know it is the SAFEST thing to do...")

"Londoners deserve a **1st rate health service. I intend to make sure they get it**" said Virginia Bottomley, Conservative minister in charge of Health. **Echoing** Mrs Thatcher: "**We must get value for money...**"

"... Weekly running costs are very high."

"NHS spending £100 million a day. Budget

increased this year to £1,000 million" (February, 1993). **OLD, VICTORIAN HOSPITALS NEED UPDATING... Inefficient, falling apart... BIG GENERAL Hospitals. Miles of corridors = Wasted space. So hard for people to find their way around. So time consuming to get to where you need to be.** Too much walking, too many stairs...

"The (Conservative) government want to **close 11 hospitals in London!** ... **20,000 nursing** staff would lose their jobs! **What if there's an epidemic?"** "Much opposition... **People fear closures...**"

"The (Conservative) government is **ignoring 800,000 people** who want to save Bart's hospital!" (February 1993).

"HARD to heat..." (I dread to think how much hospitals **pay for 24 / 7 heating!**)

"... Up to 30% of the **£52 million** spent by the NHS in England and Wales **on water...** could have been saved... by stopping **leaks** and checking **bills...** **Water** now accounts for a **¼** of the NHS **Energy bill...** estimated many hospitals could each **save** £15,000 per annum..." (1993).

"A **patient died** following a **power cut - the back-up generator FAILED - batteries were flat...**" (Inquest held 28/5/1993).

"The NHS is a **HUGE consumer of GAS.** Of course there is **waste...**" "**A Gas boiler exploded** at a hospital..." ("British Gas announced: **'Cheap' North Sea GAS supplies are running out. The cost for gas will rise dramatically** (August, 2004) (What will the NHS do for an alternative?)

"NEEDED: Fixed costs. Doctors spending **more** time **trying** to keep accountants **'happy'!** **HOW can we save... money? More cuts?"** ("The doctor's working day and night **trying to find a CURE...**")

OVER-BURDENED: "Costs, going up and up..." "If it costs too much - Terminal Decline."

"TOTAL COLLAPSE - DIRE WARNING: ... we could find the whole pack of cards fall... Make cuts? ... Bitter divisions when asked to approve **debilitating** reductions... **'We have done nothing but make cuts since I joined this authority.** What you propose is outrageous and if we call these **cuts** temporary, we are lying!..."

"THE MONEY RUNS OUT: ... 22 hospitals stop waiting list operations. 'I'm in awful pain.' **Little sympathy** (from the government): 'It is up to hospitals to organise themselves better. £200 million of extra money put in.'..." (8/12/1992).

"CHILDREN ARE DYING: ... lack of intensive care / specialist treatment. 'We are full.' Turning children away! 420 refusals in 1992..." (An incubator = A **plastic life-support housing system...**)

"There is **no** casualty department here." "Can't **you do something? For God's sake. Do something!**"

"So if **my child** is **ILL, you won't help?**" "**That's right.**"

"We are **waiting** to get **you** a room..." **"NO ROOM at the hospital...** Due to **Treasury cuts...**" (Ah! 'Our' **Treasury** Dept...")

"I don't know **how the government can live with these figures!**" **"Poverty and ill-health are related. Deprived** people don't like to complain. **How to get them to stand up for themselves?"** (5/5/1992).

"Look, I know you've only just had the baby, but **you're** going home today. Get up! We need the bed." "But I can't walk! I won't be able to cope!" "Pack your things."

"SERIOUS SHORTAGE OF BEDS. Hospitals on alert. **OVERCROWDED: Patients** lying on floors, **waiting** for a bed, for a doctor to see them, encouraging people to **'go home,'** despite **needing medical care. Growing concern.** In one district, **300 beds closed, then 400... Bit by Bit each year...**" (January 1993).

"A road accident victim died whilst staff argued over the cost of transferring her..."

"BUILDING COSTS OVER-RUN by £130 million. Westminster Children's Hospital- **bone marrow clinic closing down... 'Patients do not have the Right to treatment'...**" (7/5/1993) Uh?

"I've paid for the NHS all my working life. Never been in hospital. Seen the doctor only twice. I don't mind paying my NHS contribution. It's well worth the money. But **why can't I get a 'free' eye test, 'free' dental care or get the chance to visit a chiropodist?"** ("There's more to it than meets the eye..." "Good health starts with healthy feet...")

REFORMS: "Government closing hospitals, wards, beds. **Growing Waiting lists. 'There's no money.'** **RATIONING HEALTH:** Tiered care = **Inequality, dual standards...**" **"Concerted government drive to push people into paying for private medical insurance** USA- style. **To help the private sector:** Many NHS resources (equipment & staff) 'loaned' to private hospitals..." **Essential equipment for the NHS** EG. Scanners, **paid for by charitable** campaigns..." **"A crazy system.** Nurses opting out of working for the NHS because more money can be earned working for a private agency that supplies nurses to the NHS..." "The (Conservative) **government's bland** optimism, completely **ignoring patients, doctors and other members of Parliament!**" (February, 1993).

NOTE: The government could set-up a special body to make hospitals at cost. ("Could we begin by having free consultations?")

"PRIVATE DEVELOPERS asked to build 'NHS hospitals'... **in exchange for land...** seen as 'a cash-free way' of **bearing the costs of construction...** Accusations of **'privatising** by the back door'..." (10/5/1993).

"THE NHS IS DISINTEGRATING. "The need for a fundamental re-think..." (4/7/1993) ("Just do it quickly." "Double quick time!")

Pictures: The NHS tried to expand a Victorian

hospital in North London using **METAL** clad "modern" buildings, **weighted** down with **concrete blocks** (1990)



(Same method, using a **pre-fabricated thin metal sheeting** outer skin, is used for 'temporary' school class-rooms).

(ARE YOU SURE THE GOVERNMENT KNOW WHAT THEY ARE DOING?)

"The new (traditional) **hospital cost £202 million...**" (19/7/1993) (**Were you restricted on style?** Was the style **dictated** to you? A municipal look? What planning pressures were you subjected to? **Who built this** - a **private** company, for profit? What **materials** did you **have to use** - **Concrete Blocks, Steel, Bricks, Glass, Wood, Plaster-board** and **false ceiling** panels? What did the builder charge for materials? What was the actual cost of these? The **consultants fees** were **how much?** **How long** did building works take? Was there **a heap of mess and loads of disruption?** Does the building now function *ideally*? Is internal space **flexible?** Any costly **maintenance problems?** **What Energy** system/s are you using? **Yearly running costs?** What is the **life expectancy** of the building?)

"Staff told to give back their pay-rise to keep the hospital going - **overspent by £35 million**" (28/5/1993). "London's **burn unit** is hanging on a thread" (23/7/1993). "Hospital **WAITING LISTS** are **growing ...**" (26/7/1993).

"More hospitals now **self-governing trusts**, controlling their own budget... **Under funding** remains a **fundamental** problem... **Costs** have to be controlled" (25/8/1993).

"3 main London **hospitals overspent**. Told to stop 'non-essential' operations... **Nurses on strike**. **Protests...** Another 3 hospitals told to cancel operations..."

"**Medical genius** is being **cut...**" "... 24 consultant's posts **cut...**" (27/8/1993).

"**The whole purpose of the NHS was to avoid the very problems arising** now. **We've already lived through what happens to people when you base health on money...** Health is not about money..." (3/9/1993).

A DOCTOR: "**It's about HELPING PEOPLE.** That's what it is all about..."

("LIFE IS VERY, VERY PRECIOUS...") (**SAVING LIFE** is not **cost** effective? Ah!" **It's about doing what is right.**")

"**Leading teaching hospitals** under **threat of closure...**" (22/9/1993).

"**Hospital on fire...** Shortage of water..." (28/9/1993) ("The X-ray film didn't burn...")

"**We will have to lay-off staff to pay construction fees...**" (30/9/1993).

"We are **lurching from one crisis to another crisis**, and no-one is in charge..." (22/10/1993).

"**MASS PROTESTS** about **CUTS** in the NHS... 'There is no crisis' said the minister" (20/11/1993).

"**YOU WANT TO VOTE THESE SCOUNDRELS BACK INTO POWER AGAIN? Soon this service will be The Health Service Ltd.**"

"Parts of a **hospital** may be **turned into private flats to raise money**" (9/2/1994).

"**Prescriptions for drugs- costs going up again-** 6 times the rate of inflation. **A tax on the sick**" (15/2/1994) ("**It's a medical fact, A NATURAL CURE is better** than pills for head-aches." "You've got to **get rid** of what is causing your head-ache...")

"The NHS is struggling to meet the cost of vital drugs..."

"**The question often asked by NHS officials is: Are we prolonging life or death?**"

"**THE COST OF RENOVATIONS to buildings!** One new wing on an old hospital **cost £54 million** - raised by **charity...**" (14/1/1994).

RATIONING HEALTH: "ELDERLY PEOPLE ARE BEING DENIED TREATMENT: ... routinely- people are **too old to be worth the investment...** many are suffering from treatable diseases... This is age **discrimination...** **Rows** in Parliament" (14/4/1994) (**The buildings are too old - not the people!** *There is no justification...*)

("Everything designed to put patients at ease?")

"**CLANG, CLANG, CLANG** went the trolley..." **CLUNK, CLUNK.** The Iron Bed.

"**50% of back sufferers** will never be able to work again. Can only do light duties."

"Emotionally and physically **draining...** You have to be fit to survive hospital. The **noise** on the wards!" "Man in the next bed coughed all night. I couldn't sleep! Aren't patients entitled to a bit of **peace** and quiet?" "I feel **drained, worn out, I feel wrecked, gutted, shattered.** I feel **rotten...**" "**I need to go home and recover** from **this ordeal.**"

"... Many people are in hospital **lacking the motivation to get better** again..." ("**Sounds to me like you need a good laugh...**" "**Laughter is the best medicine...**" "A chuckle a day, keeps the doctor away...")

1991: "**45,000 official complaints.** A FAIRER system promised" (18/6/1993).

Mixed Wards = Sex attacks!

SICK BUILDING SYNDROME: "It's very stuffy in here." In air-conditioning all day... "Makes me feel quite ill..." Oh, I'm sorry I brought it up..." "Given anti-sickness drugs." The lack of fresh air! "Why can't I just open the window?" "Sorry! Is the light too strong for you?" No wonder **the bloody building's sick!** "Air ducts- **impossible to clean. Dark & moist** in there. **Pollutants stew toxic brews...**" (*Ah! Use transparent piping...*) "**Germs spread through the air-conditioning...** infecting staff and patients..." "It's plagued me for a long time..."

"Oh, please. I'm **begging** you. **GET ME OUT OF HERE!**" "What a feeling! **How to stop the screaming?** All I want to do is kiss the rain." "**Thank God! It's so nice to be back in the fresh air again!**"

"Cleaning services have been **privatised...**"

"**Hospitals need to improve the standards of HYGIENE.** MRSA Super-bug kills **5,000 patients a year** in the UK..." (December, 2004).

"Keeping **something clean** is the best way to avoid **health problems...**" (*Aseptic surroundings?*) (*A discovery made a long time ago... Mould(s) kill bacteria...*)

ADVICE: "Stay away from the hospital this Christmas to avoid **the super-bug**" (2004). "**THINK CLEAN:** Bugs and viruses such as MRSA cost NHS hospitals **£140 million every year.** There has been a **50% increase...** 1 in 10 patients will get ill in hospital..." (February 2005) "**It really bugs me.**"

"Would paying the cleaners more eradicate it?" "It's got to go to the top- to the Prime Minister who sets the targets and budgets. It's his **responsibility.**"

"**GOVERNMENTS ARE STRUGGLING** to bring **bugs** under control... and have promised an investigation. **CLEAN hospitals** are a priority" (22/3/2005) ("**MRSA is spreading** to animals / dogs..." 29/3/2005).

"**I've got agoraphobia...** Oh, I'm going to have an **anxiety / panic attack!** I'm so hot, breathless, I've got palpitations, I think I'm going to die! It **doesn't** make any **sense. I feel so insecure.** I'm a **very nervous** person. 'Life' is **baffling.** It **beats** me. **I'm taking pills for it...**"

PHOBIAS: "9 million people in the UK have phobias (**fear** of people, of open or closed-in spaces...) Phobias can be prolonged after provoked by a situation. Can be severe. Disorders are common. Phobias can be **cured** without the use of drugs..."

"It's very important to remember what patients need." "I need **gentle** hands to guide me..." "I'm very attached to it, you know." **"... it will soothe me."** "... it's very soothing!" (**"... it's the art of healing."**) (**"... it could be sweet and true."**)

A **VERY HEAVY WORKLOAD:** "A Junior doctor dropped dead after **86 hours** on **duty**. 'Alan died of exhaustion.' Before his death, he was working 24 hour shifts..." (1990). "1,200 **doctors** are working over **83 hours a week!**" (10/4/1994).

IMPAIRED EFFICIENCY: "He was rushed off his feet. He said the machine wasn't working. He sent me home. I collapsed. I could have died..." "Hours may be reduced to **72 hours a week** in 1997." "Junior doctors work **82 - 100 hours a week!** With very little provision for **restful sleep...**" (**... it would make ideal quarters for** off-duty medical personnel...)

"Our WORKLOAD is quite mad. The patients just keep coming! He fell off his motorbike. He broke his leg in the playground. He's cut his head open on the road. He needs stitches. Patch him up. He's got chest pains. She's got a..."

WAH! **"Just get it over with as quickly as possible..."** **"CAN YOU FIX it, doc?"** (**"... it's doctor's orders..."**)

"The STRESS on the doctors and nurses!"

"RELAX. Be *light as a feather. Float.* Let yourself go. **Brother, Sister,** take it **easy...**" (**"The slower rhythm of life is gradually disappearing..."**) **"All this** it's got to be done **like yesterday...**" **"It's just got to be done."** **"More haste, less speed!"** **"We don't need to rush!** We've got the rest of our lives to do it..."

(**"You know you've got to speed it up, slow it down... you're making your mind up..."** song). **"We're ALL searching for a STRESS-FREE life."** **"Desperately OVER-WORKED ACCIDENT & EMERGENCY Departments..."** Under the Conservative government: Average **WAITING TIME: 11 hours, 36 minutes.** (**"The Labour government want to get this down to 4 hours."**)

"What's wrong with you?" **"I'm cut.** I'm bleeding. **Please help me."** **"Wait** over there. **You'll have to join the queue.** There are other **bleeding** people who were here before you..."

PATIENTS SAID: **"What is this country coming to?"** "Things have gone right down the pan." "You should see the state of some of the people in there! Young men, in such bad shape, with 4 kids, worrying how they are going to pay the mortgage..." **"God help us!"** **"There's only one** doctor on duty. **7 patients are dying..."** **"Doesn't it affect them?"** "They have work so quickly! They're like **machines,**

robots..."

DOCTOR: **"I can see the need for it on all your faces..."** "I'm sorry, but there's nothing I can do about it. Please forgive me." **"I try not to think about it.** If I did I'd never come into work!" "After a bit, you become immune to it all..." "I should try relaxing? I doubt it. Things can only get better..." "You can either get better or bitter. Bitter people are horrible." "Things could get worse..." "Tempers rise. We've put it **behind us..."**

NURSE: **"A BIT OF 'BAD' WEATHER SHOULDN'T BE THE EXCUSE FOR ALL THESE ACCIDENTS!** Fractures... a list of injuries as long as a mile..." **"... she slipped** on the **kerb** and **broke** her hip..." **"HOW to stop these accidents from happening again?"** ("... some 'Experts' say there is no such thing as **Cause & Effect!**")

"The **majority of the work** in our Accident & **Emergency** departments is dealing with **road accident victims,** and **people** who have **fallen from heights."**

UK: **"1 million people a year suffer severe head injuries."** EG. "He **fell, smashed** his head... Take **the patient** to..."

"Children have to learn how to take **all the hard knocks** in life. Some make it, some don't" said a builder discussing **'the hard facts of life'** (1992) (**I'd prefer it if the children were spared all the hard knocks...**)

"60,000 people currently have **Brittle Bone Disease. One Fall on a Hard Surface = Disaster"** (25/11/1993) (Osteoporosis- soft bones, caused by lack of calcium found in milk... that is why milk was provided in schools).

"How do I FEEL about it?" "Yeh, when I'm up to it." "Sorry. **I'm out of it..."**

"Every year accidents and illness force **1.4 million people** to **remain off work** for at least **6 months...** **Every week over 1,000 families** are likely to **lose their bread winner...** **Every month over 50,000 people** suffer a **critical illness...**" (UK,1993) **LESSON TO BE LEARNT: "HOW FRAGILE WE ARE."**

NEW SPORT FOR NURSES: "Shall we play: Spot the **Motorist?"** **"I'm feeling very run-down..."** **"Ow!"** "Ah, you tried to **lift** the **heavy weights,** did you? (More cases of Pumping Iron Syndrome). What you need is **light,** regular exercise..."

"OUCH!" "It's a bit of a sore spot." "It's a canker..." "We can have it out in no time..." **WAH!** **"Just do it quickly!"** **"Will it hurt? I don't want it to hurt."** **"Just give me something to take the edge off!"** (**The quest for decent pain relief...**)

"ASTHMA is now the biggest CHRONIC ILLNESS HITTING CHILDREN: Doctors believe **asthma is linked to pollution...** 'I've got to watch my child **FIGHT FOR AIR!** All the wheezing!..." (27/7/1993). **"Any stress, dust, smoke... can bring on an attack..."** "UK now has the **highest rate of**

asthma in Europe" "... contributory factors include **our 'modern' life-style... carpets**, central heating and double-glazing..." "**Asthma: A potential killer.** Cases have **rocketed**. 1 in 7 children, 1 in 25 adults now affected. **Cost** to NHS **£2.3 BILLION** every year. Clear link with household cleaning products such as **bleach, paint stripper, carpet shampoo, air freshener, wood polish**" (December 2004) (**Many houses and people smell of vacuum cleaner dust**). (Jamie Oliver discovered children who don't eat **processed** food at school dinners, no longer needed asthma pumps in the afternoon...)

"In just **one** London borough, **1,300 people** are **waiting** for **home adaptations**. EG. A mentally handicapped child (brain damaged after being hit by father), can't get up stairs to the bathroom. Been **waiting 3.5 years** for an **extension**. Council's resources seriously depleted by cash **cuts**" (BBC, August 1990).

"**THE CHOICE ROW: CHOICE matters**, Labour and Conservative parties **AGREE! But what could it mean for patients? The choice to pay, or to wait?**" (23/6/2004) (**Neither! GREATER CHOICE = THE FREEDOM TO CHOOSE it** i.e. an **ALTERNATIVE LIFE-STYLE = Less** spent on buildings = **Less wastage** of the NHS budget, + **Low** electricity / heating costs = **BETTER Environments / surroundings for patients, sufficient equipment & medication = LIVES SAVED, happy staff, fewer injuries / accidents, no heavy work-load = Better patient care....**)

"Bradford's teaching hospital... **centre of Labour government's flagship health service... has a projected £11.3 million deficit...** after building new wards and operating theatres... Having to reconfigure... staff summoned to London to discuss how to reduce running costs" (ITN, 2/12/2004).

"**OPERATIONS CANCELLED...**" People prepped, then sent home to **wait many months more, often in pain...**

"The cost of compensation claims for **negligence** etc., are **crippling the NHS...**"

"**Britain's death rate now exceeds the birth rate...**" (2004).

"**They are closing Respite Care homes for sick children...**"

"BUPA is **selling** 10 **smaller private** hospitals" (30/3/2005).

"**500,000 people** are stuck on **Waiting lists** waiting for scans" (19/4/2005).

"People who have been **waiting over 4.5 months** for treatment can **choose** 'an **alternative hospital**' i.e. **private** or NHS" (25/7/2005).

"**40 people died whilst waiting for an ambulance...**" 'People **will** need these at inconvenient times, whether or not there's money to pay for them' said a doctor... "**Most complaints** about the ambulance service involves **delays...**" (July 1992).

"I'm **not mobile**. God damn, **no ramp!**" The

Disabled said: If I want any help, I'll ask for it." (**HEAVY** wheelchairs- made of **metal...**) (**Does your wheelchair** have a **loose screw?** Who **pushes** your wheelchair? Is it **easy to get you into** the ambulance?) (*Ah! Do you need a lift?*)

Mobility Bus: Out of service. "Costs too much to run."

"**Cut** backs. **'We won't be able to cope! If there were civil disturbances...** there will be **queues for ambulances.**" **Protest slogan: 'It's a real Emergency! DELAY COSTS LIVES'**" (8/12/1992) "**QUICK RESPONSE IS ESSENTIAL.** How far is the nearest ambulance station is **crucial...**"

The need for LOCAL services...

"Many **casualty units closed** down. Government says a better class of service can be had by **making patients travel 20 miles** to the nearest **big hospital!**" (13/10/2003).

"**FLYING DOCTORS:** Health services using **helicopters.** **Costs £2,000** before take-off! **Costs so much, can't Afford** to run **service.** **Rural services threatened**" (1993).

"**Ambulance services threatened with cut-backs.** Plan = Ambulances unavailable between 2am – 4am..." (2005) "**What if there should be a heat-wave?** 1,000's of people could be at risk especially **the elderly and the very young**—even fit people are at risk when **the AIR QUALITY is poor...**"

"**The difficulties coping with a major crisis...** the **cracks** in the system soon starts to show. The real issue is the number of people who do not have people to look after them..." "**The health service runs on a knife edge and often does not have spare capacity...**"

"The Health service has a **£7 BILLION black hole in funding** and **needs an extra £18.2 BILLION to pay** for more staff, **large building programmes** and more expensive drugs... **Paramedics warned of chaos**" (13/12/2005).

"Ambulance couldn't find the address..." (having to work now in such a **large** area...) (February 2006) "**I'm waiting** to be discharged. They won't discharge me. I've got nowhere safe to go. If I try to leave, they call the security guard!"

"**POOR DIET costs** the UK's NHS **£6 BILLION a year**, twice the cost of accidents." ("Weight loss surgery costs the NHS £3.5 Billion a year") (2006) (see: Chapter 8).

"**They don't know what it is.** They keep taking blood... they're looking for **something...**"

"**We don't know what it is** but **we'll find out in the post-mortem.**" (Post Mortem = Once you're dead... we can do anything we want to you). "Post mortems, found that ½ the patients had been **wrongly diagnosed** by their **General Practitioner.**"

NHS GPs: "For every patient I see I get £25." "I'm only allowed 10 minutes per patient." "If you want to talk to me about more than one condition you'll have to make another appointment..." "We're fully

booked. The next appointment is in 3 weeks." "But *I'm* ill now..." GP: "I can't go and see her. I'm too busy." "Rising tide of complaints against **General Practitioners**" (5/7/1993).

"We have **no funding for alternative** therapies, even though we know *they work...*" ("Do you wish you could re-write the script?")

"I'm sick of this system... I don't like having to wait in a room full of sick people. All those germs... You never know what you could catch."

"This nasty weather has produced a stream of people **waiting** to see the doctor..." "I got cold, I'm a bit run-down and so are a lot of people..." "I feel under the weather..." **"There's a lot of it about..."** **"There's something going around..."**

"UNTIL THERE'S A CURE... THERE'S CONTACT..."

"TB EPIDEMIC: "... poised to sweep Britain... Tuberculosis eats away the lungs and is **spread by coughing and sneezing** (moisture droplets)... **TB killed 1 Billion people** in Europe in the last century... **Millions of people** are at risk. Has to be isolated immediately- is **highly contagious**" (1993).

FLU / EPIDEMIC: "Flu is caused by a virus..." "Flu can be **deadly...**" (1918 -1919: **280,000 people** died in the UK & **40 million** world-wide...")

"... **Quarantine** went a long way to stopping the spread of the disease..."

"A **world-wide outbreak of FLU feared. Contingency Plans = Inflatable** mortuaries - quarantine facilities with **evacuation of cities** as a last resort. Could cause **7 million deaths...**" (The Guardian, 24/1/2005) (**How strong** will their inflatable/s be? **One pin prick... Will the people really be quarantined?**) (**The need for excellent (mobile?) quarantine facilities...**)

INDIA: "Mounting concern **plague-like symptoms** will spread by air from village hit by Earthquake a year ago. Has **spread to Bombay, Calcutta & New Delhi**. Authorities said they are making effort to clear the **rubbish and camps**. Not Bubonic **plague**. Called **Pneumonic**" (27/9/1994) **"Is it catching?** It's a **highly contagious** fever. Has now spread to 7 states... Chemists in New Delhi have run out of antibiotics. **UK Advice:** "You would be well advised to stay here until we can identify it... No, I can't allow it..." **Frantic 'Quarantine Procedures' = 3 weeks after the outbreak, flights out – aircraft cabins sprayed with insecticide..."**

"OUTBREAK OF PLAGUE in India. Spreading... European health officials meeting. **Have we learnt how to deal with plague? The need for safeguards** to prevent this sort of outbreak..." (September 1994)

Angola: "Deadly outbreak of the Margburg virus (similar to **Ebola**). No cure. Highly contagious..." (27/4/2005).

"Should all immigrants be health screened?" (debate, UK April 2005).

"A **pandemic wiping out 50,000 people** in the UK

is expected... (Bird Flu" (UK: 2006).

HEALTH CARE IN AMERICA:

"These days only 3 things in America are certain. Taxes, death taxes, and computer break-downs."

ADVERT (for a hospital): "Life **isn't easy.**"

"INEFFECTIVE, DANGEROUS, ILLEGAL PRACTICES going on in USA Hospitals! Speak out and you get fired. ... Many reports of people being kidnapped- healthy **adults and teenagers-rounded up by bounty hunters** – held - **events fabricated** that did not occur... diagnosis altered by doctor, patients expected to **comply with treatment**. If they refuse, things can get **very difficult...**" "Some **doctors** are **tricking people** into thinking their problems are worse than they are. This happens all the time." "... left strapped to a bed, in diapers- for days, **until insurance money runs out...**" **"False implantations under hypnosis! Terrifying intrusions..."** **"A cynical manipulation of people for money... The system is evil.** Now **setting up shop** in England. **Get your guard up! Many abuses occur...**" (6/10/1991).

"When corporate health comes before the health of patients..." **"PROFITS PUT BEFORE PEOPLE!"**

"Private doctors charge whatever they like."

"You've got to phone your insurance company to Afford the prescription... What can I tell you?"

"A lot of people have **no health insurance...**" EG.

"The **waiting time is 18 hours** for a bed..." **"... the same old, same old..."** **"Our child** is sick. We got to work and pay the hospital. If we don't, they take the house. **All the fights over bills! ... They've foreclosed!** Where will **we live?** What about our animals? They're going to take the costs out of my pay... We won't have enough for food- or any money to pay the new hospital bills..." **"My baby needs surgery and I got to worry about medical bills..."**

"For saving my life the hospital sent me **a bill for \$27,000**. I can't pay. Now there's a warrant out- they have ordered my apprehension. This doesn't make me feel any better." **"How does being presented with a god-dam bloody big cheque make me feel less sick?** Aw. Come on! **God! God! God!** Unbelievable. **This goes against all the rules of civilised** existence." **"You can't even die** in America **without paying** through the nose." "Would it be easier to write out a blank cheque for 'services' rendered?"

"The Americans are really **mad** about it..."

"I NEED A CURE!"

"37 MILLION AMERICAN CITIZENS CANNOT AFFORD HEALTH CARE: Hi-tech, high cost system does not work. Clinton wants reform" (17/9/1993) (*Oh!* "You **can't Afford** cover?")

"Bill Clinton promised **Affordable health-care for everybody** i.e. from the cradle to the grave - to

definitely make USA **health-care** the **best** in the world. Plan = raising **\$100 Billion Tax on cigarettes!** His wife is the architect of the scheme, hailed as biggest reform for 50 years" (23/9/1993). "USA **health care** is still in crisis..." "**45 MILLION ordinary American citizens cannot Afford health care**" (2004).

"**These patients need our help and we're not giving it to them!** The **quickest** treatment is **needed in Emergency** situations, **not continual delays!** Tests & treatments **withheld** to save money. **All the arguments about billing and who should pay!** **Why did I become a doctor** if I have a **corporation preaching** to me about who I can treat and how I can treat them?"

A: "A quick death is a cheap death..."

BRAINWASHING! "**To 'help' people** deal with '**the illusions of the past**' and **the realities...**" "You're a **sad** person." "**10 million** Americans are being **treated for drug, alcohol and mental health problems...**" "In America, **Analysts** called **SHRINKS**. "**They** don't do anything subtle." "**They** want **you** shrink wrapped!" "You can carry on with (psychoanalysis) treatment for as long as you can Afford all the cheques." "**Psychiatry business worth \$50 Billion a year.**"

("You're doing time in **the puzzle factory?**" "**Rehabilitation** in a **psychiatrist's chair?**" "**You can't do it sitting on your bum!**")

"SOLUTION: Get to the bottom of the problem." ("**Get to grips with it!**")

"LAUGHTER IS OFTEN THE BEST MEDICINE. First, do no harm... If **we changed the conditions**, we could change the programmed **response**. **Ah!** The **non-conformists flunk out** because... **Where** does anyone have **FUN** around here? **Don't let their stupid old rules screw up your life...**" (Recommended Viewing: Film: Patch Adams) (Ref. www.patchadams.org)

"Doctors prefer to work in **big** hospitals not **rural** family practices. Despite 'reforms' doctors do not think they will switch to **smaller** practices" (22/9/1993). "Many **private hospitals** could **go bust** over next few years." "Proposed **closure of busy trauma unit** in LA **servicing a poor, violent neighbourhood...**" "These kids come from such a crappy background..." "He was **hit in the face** by a **tear gas canister**. **He has 3rd degree burns...**"

"**Healthcare is linked to Civil Rights**" said Martin Luther King Junior. Closure due to... lawsuits-patients who had objects left inside them after surgery... deaths attributed to poor nursing... **Protests...** The hearing regarded as a formality as decision already taken... **Closure likened to detonating a neutron bomb-** the building will still be there, **but the people will not**" (Associated Press, 16/11/2004).

Doctor: "**He** had to get a 2nd job to Afford medications for his daughter. Now he's found out this drug is not worth it."

Administrator: "Your job is not to start a crusade. Don't upset **the money men!**"

Doctor: "**Sod them. They're not human, they're the machines that are killing us.** What do you prefer? **Motor vehicle accidents or a walk in the park?**"

2nd **Doctor:** "Hey! You did a **good thing. You said that like it matters...**"

Patient: "It's damn **miracle medicine**, that's what it is..."

HEART DISEASE:

"... it's in my heart the way I want to live."

("You've got to **follow your heart**. It's that simple...")

Basic Instinct: "**Listen** to what your heart is **trying to tell you.**"

("I look inside my heart, I look inside my **soul...** What do I see there? **Rivers...**" "Open up your heart truly and you'll see..." "**HOME IS WHERE THE HEART IS.**" "**I know it's close to your heart...**" "Home is what you've got in your heart." "**... it comes from the heart.**" "Hold it in your heart..." "It would make life very different." "**... it might you give quite a boost.**" "**... it stimulates the heart and makes YOU stronger.**")

"**Most people don't follow their heart.**"

"It's **my** ticker..." "Oh! Why did my heart miss a beat?" "My heart just can't take **this** – it's **breaking** my heart... it's a heart ache...it's like **there's a heavy weight** on my chest..." ("... its heart felt." "My **heart** can't take it any more...") "Sorry love, my heart just **wasn't** in **it...**" "His **heart attacked...**" ("Ah, it's in his heart. Unfortunately, that's not enough.")

UK: "**170,000 people die** from **heart disease every year**" (1993).

"... it's so HARD THESE DAYS to find a **GOOD HEART...**"

"60,000 heart attacks a year. 30,000 die before they reach hospital."

UK: "70,000 people a year suffer a stroke..." (1993).

"SHOCKING: "Hospitals resuscitate for **3 - 4 minutes** maximum, using electric **shocks**. **Jump / Kick** start technique. 'I'm sorry' they say. 'There's no hope. We're losing her. What else can we do? We did all we could.' 'Sometimes I really hate this job... but **it doesn't pay to think... (divided loyalties)**. Sometimes it's kinder to let them go!..."

"People said 'it's no good. Give it up.' But I had faith. I believed in her- **in us!** I pumped for 20 - 25 minutes. **I yelled, and shouted: 'Don't die! Don't leave me! Come back!'** She opened her eyes and smiled. Keep the body warm. And **MASSAGE.**" ("... **it just needs THE KISS OF LIFE...**" "Doesn't your body deserve it?")

"It's **our** job to look after people!" ("I know **it's your** job to **HEAL people but you could do it BETTER.**" "**Do it WELL.**" "I can see it in your eyes

and smile...")

"... she's sickening for **something...**"

"Only one heart **specialist** per **8 million people!**

People die before seeing anyone about their heart..." (UK, October 1991).

"Heart / lung transplants... 70% of people survive for 5 years..."

"You don't want to get BLOKED TUBES'..."

(If some kind soul worked out how to position flexible plastic tubes in modules... maybe fewer tubes would end up being stuck in people? Just a thought...)

("How do YOU FEEL about it?") "I'll only look on the bright side when I know it's there..."

("... it will make you feel better.") "It's about looking and feeling good." "Do you feel up to it?" "If there's anything I can do..."

"If it makes you feel better, I want it too..."

("... it's ideal for rest and recuperation!") "It's about trying to **rehabilitate** people..." "I'd feel a lot better for it." "It'll give me the strength I need to carry on."

"For all the broken hearted in the world, there is an answer. Let it be..." ("Let light come to be.")

"Much better to get it over with **quickly so you can start living your life!**" "Go on. Get it off your chest- you'll feel a lot better." ("Let it out.")

"Be young at heart..." ("See with your heart...")

"TAKE THESE CHAINS FROM MY HEART AND SET ME FREE..." "One day I know it's going to happen..."

"Someday, I'll awake and find my heart wont have to break..."

"Bless their hearts." "It's **the patients** who really matter, **not the big wigs.**" "The government are **HEARTLESS.**" "It's so easy to **break** a heart. It's so easy for you to close your eyes..." **"If YOU were in pain, all YOU would want is for the pain to STOP."** **"We might as well keep this pain?"** **"Keep suffocating dreams?"**

"It's causing an awful lot of heart ache to both sides..." ("You need a double-sided love.") **"Do it out of the goodness of your heart."** "Have a **change** of heart..."

"It's very much a life-style issue. 60% of adults in the West could **suffer** from **high blood pressure** by 2025 due to **Western diet** and lack of exercise. **Hyper-tension** linked to heart attacks..." (15/1/2005).

INACTIVITY: **"BLOOD CLOTS kill more people** than breast cancer, Aids, and road accidents in Britain. **25,000 people** die every year- **500 people a week.** DVT is a condition that could easily treated with cheap drugs- 1 (soluble) aspirin tablet a day" (Channel 5, 8/4/2005) ("Do you need *something* to get the blood **moving?**")

CANCER:

The **high rate of cancer** in society **today!**

UK: "The incidence of cancer has risen 25% since

1980."

"... 'it could be a **blockage' ...**" **ALL THE GROWTHS... (lumps) on / inside PEOPLE!** Oh! My God! **Our way of life... must be to blame...**

"PREVENTION is better than (their) cure."

"\$35 BILLION spent on cancer research..." (Ref. Viewpoint, 1992).

"Our understanding of genetics is such we can identify genes that cause hereditary cancer..." (identify the gene/s which provides immunity... to produce a vaccine?)

"CANCER IS BIG BUSINESS: ... Harold Huxsey **cured 1,000 people** of cancer, using **old, kind of folk medicine- known to native Americans...**

(Herbs - listed in 'Hartwell's 'Plants). (For external tumours: blackroot- a common **flower**, mixed carefully into a paste with periwinkle and zinc oxide...) Huxsey **labelled a quack... Why?** The medical associations wanted **control** of 'cancer

business.' **Blackballing:** **'What company is going to allow you to grow a herb in your backyard if they are going to lose £millions of profit?'**...

Eventually, Huxsey used radio to broadcast his story... Huxsey could also cure internal tumours...

His trials = 12,000 patients in 17 clinics. There were **more than sufficient testimonies to substantiate effectiveness...**" (Ref. True Stories, Channel 4, 1/2/1990) (see: page 102)

"There is a **shortage** of cancer **specialists-** only 5 per million people" (October 1991).

"Cut it out": "People are **terrified of (conventional) treatment...**" (1993) **"RADIO-THERAPY** provided by the **nuclear industry** is the 'best' treatment available..."

"Cancer services cut" (April 1993).

"LIGHT CAN BE USED TO DESTROY CANCER: Its hour has come. **PDT** (Photo Dynamic Therapy) now effective cure. Doesn't risk killing the patient to kill the tumour. Patients tolerate it very well. Other uses- enormous potential EG. to fight infections, ulcers. A scientific break through..." (Big Science, BBC2 3/2/1994) (**Widely available?** Offered as an **alternative** form of treatment?)

"LUNG Cancer: A rare disease before the 20th Century..."

SMOKING: "The likely **cause of a Billion deaths...**" ("Excuse me. **Have you got a light?**" "It's my **nerves...**" (cigarettes are a prop).

IF you want people to stop smoking... REDUCE STRESS levels!

IMPERIAL TOBACCO: "Found in cigarettes: **Arsenic** (worst for causing cancer), **Cadmium, Lead...**" **"4,000 chemicals** in each cigarette. **60 cause cancer...**" "Smokers in Britain spend **£20 Billion a year** on cigarettes" (2005)

UK: "Over **300,000 cases of new cancer each year.** **Specialists** do **better** than surgeons. There is a **need for treatment centres and a greater prevention of cancer**" (13/4/1994) (**Ah! The need for**

a complete cure.)

"Doctors complained **too much cash is wasted on admin charges** instead of actually using money pumped in to **care for patients. Cancer is the UK's biggest killer**" (6/2/2005).

("Have you got me an office yet?") "A **double-decker bus** has been converted into a **mobile** screening service (a heart-disease detection unit). This is more accessible..." (**it's getting there... way too slowly** for my liking... **WHEN** will there be **FULL screening? Do a full body inventory. Early detection is vital. They** do MOT checks for cars, but **no preventative, FREE** routine **checks for people!**)

DOCUMENTARY: "A **World Without Cancer**": "**350,000 people every year die in the USA due to cancer...**" "... evidence that cancer is a deficiency disease - like scurvy or pellagra - aggravated by the lack of an essential food compound in modern man's diet. That substance is vitamin B17. In its purified form developed for cancer therapy, it is known as Laetrile. This story is not approved by orthodox medicine. The FDA, the AMA, & The American Cancer Society have **labelled it fraud** and quackery. Yet the evidence is clear that here, at last, is the final answer to the cancer riddle. **Why has orthodox medicine waged war against this non-drug approach?** The author contends that the answer is to be found, not in science, but in politics - and is based upon the **hidden economic and power agenda of those who dominate the medical establishment.** With **\$BILLIONS** spent each year on research, with other billions taken in on the sale of cancer-related drugs, and with fund-raising at an all-time high, there are now more people making a living from cancer than dying from it. If the solution should be found in a simple vitamin, this gigantic industry could be wiped out over- night. The result is that the politics of cancer therapy is more complicated than the science..." (summary by Matt Pye, 24/4/2007) (ref. Book by G. Edward Griffin & video: www.you.tube).

AIDS (HIV):

"1,300 children die every day around the world, of **Aids / HIV... one child every 30 seconds...**"

AIDS (HIV) = A reduced immune system...
Catching a **COLD** can be **Fatal...**

(**COMPETITION: TO FIND THE BEST NEW PRODUCT** (presided by Sir Terence Conran): **THE JUDGES DISCUSS THE ENTRIES:**

1st entry is a convector radiator. "**Big, old, heavy.** No understanding of culture..."

2nd entry: A **juggernaut** to carry stacked cars...

3rd entry: **Tubular steel** seating...

4th entry: A motor-bike.

5th choice: A **syringe.**

The Judges Agree: "A **new identity is needed.**"

Closing Comment: "Why do we **have to imitate** a

past period?" (1990).

NOTE: A **Needleless Syringe** was invented in the **1980's-** to **minimise** the **pain** of injections... Mrs Thatcher said needleless syringes would **cost** the NHS **too much...** The idea was **dropped. That simple idea could have helped to stop dirty needles.**

(**UPDATE:** A **needleless syringe** that injects liquid has been patented in the USA).

'It is a Human Rights issue' said Nelson Mandela. **'It could help to prolong life'...**" (said during the 1st Band Aid concert, 1984) (message repeated 2004).

"37.2 million adults are HIV positive" (2004).

PRIMAL SCREAM! "GET ON WITH it!"

China: "**800,000 people** have Aids. Trial of a new vaccine underway" (March 2005).

ATTITUDE: "**Give them all dirty needles** and let **them die.**" "... government's obstinate refusal to **adopt successful methods to prevent** the spread of HIV/AIDS among **people** who inject drugs, their partners and children... 22% of HIV infections in the USA are caused by the sharing of **contaminated** syringes..." (2006).

MENTAL ILLNESS:

"I'm depressed. I need some **good news.** Where can I get it?"

"OUT OF SIGHT, OUT OF MIND?"

"I am! Yet **what I am** who **cares** or knows? ... **I long for scenes where man never trod, there to abide with my creator - God... full of high thoughts unborn... So let me lie - the grass below, above the vaulted sky...**" (Poem by John Clare, 1793 - 1864, written in Northampton County Asylum).

ASYLUM (means: **PROTECTIVE SHELTER, SANCTUARY, SAFETY** from **imminent harm.** Also, an institution for people with psychiatric disorders that offered 'sanctuary' for **debtors**, criminals, especially a church.)

"They say **the people who can best describe God**, are the ones who are locked up in asylums." (I wouldn't know if that's true not having been in an asylum).

UK: 1990's: "If you walk down the street, smiling... **people think you're mad! What's gone wrong?"**

HEALTH WARNING: "Politicians can **cause brain damage.**" ("They want **your brain** to be an **empty** compartment.") **WRONG DIAGNOSIS &**

TREATMENT: "The government has never **understood** how the brain works." "... **it doesn't make any sense?**" "This is all head-ache material..." "**Distress** is **their speciality...**" "Politicians are out of touch... and **I'm** out of time. **I'm** out of my head most of the time. Oh, woe, woe, woe..."

"We've ALL got a little lost." ("**It's time** to get back **with it**, before **it's too late.**")

CONFUSION = "SO MANY people get **it WRONG!"** That little 'it' word... EG. "You **have to**

fight it, or we sink under?"

**"How people UNDERSTAND 'it,'
that's how it is."**

"Only by speaking about it can we deal with the madness."

("Oh! Save my sanity." "Keep it simple!" "Make it easy." "I'm not quite with it yet!")

SANITY means: "The ability to evaluate data."

REALITY: There are **so many STRESS** related, **really HARD problems** EG. "Arguing / Fighting about (**BLOODY**) **money**, again?" **A lot of people just can't cope mentally with THE DICTATES of money** EG. "No-one will rent me a room." **"I don't like** the world..." "Every time **I look around...** it's making me crazy..." **"I CAN'T HANDLE it!"**

"He / She had a **nervous breakdown** when their life fell apart..."

"Some get ill in the body, **others** in the head..."

"DO YOU HAVE something on your mind?" (Yes, a lot actually!) "Is something **bothering** you? Yes? **What?**"

"I just can't get over losing..." "I'm feeling down in the dumps..." "I feel like the walls are closing in on me..." "I don't know how to connect..." "... it's not easy to put into words." "Oh! I can't really explain it!" "I can't describe it..." (The **inability** to put it into words... to find the right words. **So hard** to... **express** it. **THIS GULF / GAP... CAUSES SO MANY PROBLEMS!**

EG. "... **it's not something** I can put my finger on." "... it's all so **surreal!**" "... it **plays** on my mind..." "...it's as if there is **something...**" "...it's in my head... I am trying to get it out..." "... **it's stuck in my head, going round and round** in a loop..." **"What could it be?" "What is it? What is it? That question** keeps going *round and round* in our brains **driving us insane...**" "... **it's like a nightmare**, you know - **it keeps coming back, all the time!** I get all these pictures in my head- I see things, that **aren't** there..." (Having *visions- seeing things that aren't really there...* is a medical condition?)

"... going insane with despair..." =

"I never ask for much but... it's been so long! **I'm scared, I'm scared...**" "I keep **imagining...**"

("You are **so far** from home.")

NIGHTMARES: "I get **nervous, over-anxious...** I lose control..." "I see **horrible things... bugs...** climbing up walls- crawling - everywhere! **They're getting bigger!** Ooh! **I'm so scared.**" "What the hell is it all about? (**Mutant mosquitoes!? Giant cockroaches?**)"

"I just **don't understand it.**" "What could it mean?" "Am I going mad, or what?" "It's like there's **something** trying to tell me something, you know? Like something's **not quite right, but I don't** know what it is?" ("It's all mixed up in his mind." "... **it is nothing to be scared of... it's not 'coming to get you!'**)

"Don't get in a state about it!"

("Somewhere, maybe deep down..." "... **it is in everyone's** sub-conscious..." "... **it's the best DREAM** man could have.")

"The World Is a Connected Whole..." Maybe we are all **linked** in some **Super-Natural way?** Maybe there is a **collective telepathy** going on here? A form of **ESP, connecting** our minds, **making us aware of aspects it feels we should be aware of?** Maybe **it's also trying** to **warn** us?)

("It's inside your head and heart and it shows you..." **"You know it's there. The trick** is bringing it to the fore-front- **putting it in place...**" Ah! It's all **up here... The knowledge, the intelligence, the sense, the integrity** that will help you to make it.. **Remember this when you're feeling low...**)

WAH! "I need professional help!" =

These days General Practitioners don't ask **what** it is that is **troubling** you- they have **heard all the problems too many times-** mention the word 'depression' and the '**healing hand**' merely reaches for the prescription pad...

PATIENT: "My doc said: 'Don't dwell on it, brooding about it doesn't help.' He told me to 'go home, pull myself together and get over it.' He said: **'Cheer up, it may never happen!' But that** only made me feel worse..." "They told me at school: **'Don't worry about it'...** 'it's just a phase you're going through'... **I did try to forget it... I put it** in the back of **my mind... but... no matter how hard I try... WAH! I'VE JUST GOT TO GET it OUT OF MY HEAD. The pressure. The pressure!**" **"Make it go away please!** I just can't take this **pressure** any more..." (Ah! You don't understand pressure...) ("You need to talk to someone...who **understands...**")

FRIENDS & FAMILY: "They no longer say: **'Snap out of it'** as this is **known not to work.**" **These days,** they say: **"Get over it."** "Yes, it's tough isn't it?" **"Don't let it get to you!"**

Reaction: Uh? I think ("...it's as **important to me** as **breathing!**" "How can I 'hold onto it'?" "No, they're right. I won't let it get to me..." **"I have to let it all go?"**) ("Do you feel you're losing your **mind?**")

COUNSELLING? "Counsellors are trained to listen, not advise..."

CLIENT: "Take my pain away!" **WAH! How can I keep my head together?" "It's** really getting to me..." -v- "I **mustn't** let **it** get it to me... I wish I knew how I'm going to be **happy...**" "Oh, God! There's **something** seriously wrong and no-one can help me!" **"I don't understand..." "I can't take it!"** (Maybe that means with the added security, **it can't** be stolen or taken away from you?)

"I want it to end, **basically...**" ("You could **overcome it...**") ("Don't dream it is over!")

COUNSELLOR: "It's not giving up. It's growing up." "I understand you need some time to think about it." "It's no good **wishing for it to happen...**" "It's not on

the cards..."

PATIENT: "That's not working for me..." "My counsellor has tried everything to get me to put *it* behind me..." "You're going to **make it all go away**, huh?"

PSYCHIATRIST: "We're going to try- **it's going to be a piece of cake...**" "It's **no** use. Now grow up and get going. **You can't go off the rails...**"

PATIENT: "**Stay on the rails?** I'm not sure that we should! There's got to be a *better way...*" (**We need to get on the right track...**) (i.e. *Keep up to speed on it- OK.*) (*Ah! Get 'it' back on track!*)

"... **it's** got to **happen**, hasn't it?" "Could you please explain **the game they're playing** here?"

PSYCHIATRIST: "I'm not being funny..." "**It's no game.** Think of 'life' as a **big train going down a hill.** **You either ride in the train or get squashed underneath.**" "The mind is a machine..." "Can you tell me why **you** have a **problem with authority?**" (Most people **stumped** - are unable to provide an adequate answer to that question...) (*Ah! "Aren't we all on the same team here?"*)

PSYCHIATRIST: "**Oh no. We don't care** about **delusionals.**" "Confront it." "**Are you in DENIAL?**"

PATIENT: "Am I beating myself up over nothing?"

PSYCHIATRIST (trying to be pacifying?): "I'm **sure it is all** in your head..." (**Unfortunately, it is at the moment... it is just a dream.** "**Don't let it break your spirit. Keep telling yourself you're a star... Don't let it get you down...**") ("It's driving **us mad thinking** about it, **never knowing for sure if it will help us to reach the stars...**" "You know **we need our Freedom** but we're always only looking over the fence..." "Is **it** only make believe?" ("Nothing is proven. Not yet.")

PSYCHIATRIST: "... **Nobody** else is **suffering.** It's **only you** that's **got a problem...**" ("That's not correct! **You** are NOT the only one who is **suffering** because of **the muddle! This** is happening because the **shortage of Affordable starter homes has not been recognised** as being **the root-cause** of **so many problems.** **The people who FEEL something is missing** are labelled 'ahead of their time' 'loonies' and **put down-** by those who **deny it is needed**, who **refuse to do anything about it**, who are **knowingly ? causing all this pain**).

CRAZY = Not allowing **it** / not admitting what **it** actually is. **Twisting it.** Perceiving **it** as bad, a destructive thing; that **it** causes bad things to happen... Trying to keep **it** a secret.

INSANE = The problem is: That it is all in your head - and not an actuality. **Trying to stop** people thinking about it. **Being forced** to keep it inside you i.e. **not** allowing **it to come out in the open... naturally**, not even being able to **openly** discuss feelings and thoughts about it, without people looking at you as if you are an alien! **It = Our Natural, Basic Self-Preservation / Homing**

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Instinct! It exists in all of us naturally from the moment we are born- it is just that certain people are more aware of its presence, and sensitive to the narrow-mindedness of others.) ("You are **beautiful** but delirious in **empty** space.")

PSYCHIATRIST: "**No. I just don't understand it.** Why don't you tell me all about it?"

PATIENT: "Trouble is, I guess, there isn't a whole lot in my life that interests me. **I feel out of it.** My life isn't worth shit. I know *I* am an on-going thing, but I'm going nowhere... People tell you 'it's not worth trying'... My Ma used to say '**Snap out of it- you're going off the rails.** You've got to stay on the straight and narrow.' I know I'm a bit off the **wall...** but... sometimes... **I just feel like I could really flip my lid...** It's all too much! It's all **piling up on top of me!** Do you know what I mean?" ("**Concentrate on the SOLUTION to fix...**")

TUG OF LOVE: "My son is troubled with... voices?... inside his head that might be dangerous... He thinks they might be messages... from... *God?*" (Embarrassed, long pause). (*Ah! "That little voice in your head telling you to do something..."*)

"**It's** been building up inside him for I don't know how long. **He's not 'normal'** is he?" (I won't mention all our arguments about where he should live- it's not important). (i.e. **Something is being covered up**). "Yes, I am finding it hard to cope. He is **over-dependant** on me. How can we get him over this difficulty?" (*Get him to somewhere where he can live happily!*)

(*instead of trying to make sense of 'it'...*)

PSYCHIATRIC DIAGNOSIS: "Paranoia (a social disease). Depression" i.e. "**He's off the wall!**" = **He's crazy.** He's a nut. A nut case. A nutter... "It's a defective brain synapse, not a gift from God!" = "Schizophrenia."

"**Schizophrenia.** A **GENERAL** term used to describe any mental condition **they don't understand.**" ("To understand schizophrenia, understand despair.")

TREATMENT: Drugs (to suppress) a chemical straight jacket; (can cause **involuntary jerks** in limbs, **a catatonic drug-induced depression / lethargy**).

A REAL TRAGEDY: "Is there **something** we should be doing for my son?" We're finding it very difficult."

Doctor: "It is very difficult. No-one really understands schizophrenia."

Child: "I'm hearing voices in my head." (Not asked what the voices say...) **Later: "God is in the water..."**

Father: "Get a job. We want you to lead a normal life."

Child: "I'm going fishing."

Father: "Bring a fish home."

Child: "No, that's not the point- I put them back."

Mother: "He's **abnormal.**"

Child: "I'm a genius. Is a circle always round?"

Mother (rolling eyes): "Yes."

The Police come. "Your son has been found naked on the common." Drugs given to stabilise. "I'm never going to get better."

"Life is so cruel. He's not like my son any more."

Father: "He's pacing up and down... just like a caged animal!" "Danny, your injection is overdue."

Child: "Are you a **Christian?**" He runs away again.

"Can I have a light please?" He gets **beaten** up. Goes back to his parents. Studies his work on his computer- catalogues of birds, shells, countries. He sees his reflection in the screen... he is dirty because he has been sleeping rough... he smashes the screen. Instructs his parents: "I'm **waiting** to be called. Take all messages."

His parents are convinced he's mad. He runs away. "I want to sleep in water." He drowns himself 'deliberately'... (1990) ("Oh! **What a tangled web do parents weave when they think their children are naive.**")

"MIXED-UP..." "**He only wanted to be understood- and loved.**" "Do you only have unhappy memories? (Ah! You wish the people in this place would do well looking out for each other...)" "Do you have a problem forming attachments?"

"Are you being driven insane?" "**Yeh. I'm committed. I've been through a lot. I don't want your drugs to keep me down...**"

IF DRUGS FAIL: "**You'll be incarcerated**" (locked up / put away from 'normal' society). "**PADDED cells have been done away with.**"

Electric compulsive shock therapy. ECT: **Very vicious.** (Discovered by a pig farmer – when he didn't deliver a full shot of electricity to the pig he was trying to kill, he noticed the pig was stunned...) (...**the voltage**, delivered straight into the patient's brain, is so powerful if the patient wasn't fully strapped down, every bone in his body would be broken). They say, by shocking you, this might make you 'normal.'

Should ECT fail to shock you back to 'normality', a **full or partial lobotomy** i.e. the **removal** of parts of the **brain** i.e. **the Temples**, where your **memory** is stored.

"Bullied out of it..."

("The **real** me is in my **inner-core...**")

ADVERT: "Finding life hard? All you have to do is talk about it."

PATIENT (Being Sarcastic): "Yeh, it sure helps to talk about it, don't it?"

The police Sectioning a man: "He's got all these thoughts whizzing round in his head. He can't express himself clearly. He can't speak without shouting! He's very aggressive. He may be a danger to himself or the public." (He is actually a **Homeless refugee** who is sick and tired of being **harassed** by the police).

"IF YOU CAN KEEP YOUR HEAD, WHEN ALL ABOUT ARE LOSING THEIRS..."

"Keep your faith in the good times no matter what they say." "Don't lose **the dream!**" ("Understand you can't do it all by yourself." "**You must retain your sanity...**" "**We were not created 'to go it alone'...**")

PATIENT: "Is **Prozac the answer?**"

DOCTOR: "Yes."

PATIENT: "Life doesn't make sense- none of it. It **must remain confused?**" "Are you saying I'm upset for no reason at all?"

"NO CURE..." "**I'm feeling very down.** It's really very distressing..."

"... it's a maddening situation." "... **it's going maddeningly slowly...**" "**I'm going slowly insane. They don't deal with this pain.**" "**Mad for it.**" "It's the only thing I can think of in this world that makes any **sense** to me."

"80 million working days are lost in Great Britain due to **mental illness**" (28/9/1993). "**3 - 4 million people** are known to be depressed in Britain at any one time. **Cost of anti-depressant drugs is £36 per month, per patient**" (18/2/1992). **UK:** "**13 million prescriptions written a year for anti-depressants... patients need careful** monitoring and counselling, plus **other forms of 'help'...** (**Cost?**) **Anti-depressants are addictive... Side-effects** EG **weight gain, fits, suicidal ideas / self-harm...**" (6/12/2004).

("There is **madness** amongst all the races...")

TRANQUILISERS to **relieve** tension, anxiety, stress...

(**BLISS** is a word that's not often used.)

"We've got to keep taking 'the happy pills'..." ?

"When you are sick you can't pretend it's not happening. **The QUICKER you deal with the symptoms the more chance you have of surviving.** You shouldn't put off having it sorted..."

"Put it off, put it off. **That only prolongs the agony.**"

INSANITY = "I'm losing it." "I've lost it." "It doesn't mean a thing." "I've gone off my head. I can't make it... make any sense..." ("It's something that never goes away...")

Is their Environment conducive to aid recovery?

"You gotta to have money to pay when your mind aches? Uh?"

"How do I feel? My liability for bills, the hiatus, the grave isolation, the general wards, **the belief they wont allow it**, it makes me sick..."

("Have you built a wall around it?") "Many people have retreated into a world of fantasy." "... until I **see it** with my own eyes..." "**SEE it = BELIEVE it.**"

"THE LACK OF A SAFE PLACE FOR THE MOST VULNERABLE IN SOCIETY: So many **Homeless** and mentally ill people roaming the streets- a **concern for everyone.** Schizophrenics, hearing voices; **pre-occupied with it.** Do what voices tell

them to EG. **hurt themselves, or others...**" ("When the **anger** cannot be released, this turns inward...")

JOKE: "He hears voices in his head! Where else would he hear them? In his legs? That would be mental..."

"**How many are in need? We used** to put them away from society- **often for all** their lives... 'Care in the Community' was supposed **to provide them with safe, decent housing...**" (February 1992).

"... a very small number of (dangerous) mentally ill patients cannot safely be released into the community..." "Patients with a history of **violence released into the community**, without adequate supervision..." "Jonathon was stabbed to death by a patient who should never have been released... **Professionals are not** fulfilling their obligations..." (1992).

"**CRISIS: 'I'm on the streets. I haven't harmed anyone and I don't ever intend to.** Lists in psychiatric hospitals are full. **I need a hazard-free zone. Can you help me?**" "Go to hospital. You might get some proper food there. **Safer** place to be than a **cardboard box**" (1993) "... it's all inside-churning..." "I don't know why he fainted- he lacked *something...*" "Are you in pain?" "Oh, ah- no, **it's nothing...**"

"**If only these people could come out of their shells... be productive for once... share a sense of community values...**" "**Only boredom and mania are available to us.**"

"Hospitals are turning away **DESPERATE people...** There **aren't any places** for these odd people. **1 in 7 psychiatric patients commit suicide.** **These people need safety, care, support- facilities** on the ground. 'Community Care'? With enough **resources it could be made to work**, given medical back-up. **Sad their only 'sanctuary' is the street... We spend £2 BILLION a year on health services** for the mentally ill. **Is more money the answer?**"

("IF you've got the will, **we've got the way...**")

"Get depressed when things don't go right..." "She had to **slit her wrists** to get a bed..."

"Please, please understand... I'll do anything to get some attention..."

"Psychiatric care in-patients may have to leave... to get treatment. ... could lose 2 units where seriously mentally-ill children and teenagers can be treated... with patients having to travel to...Health managers are proposing (this) as a part of a restructuring of services...Nursing Unions have expressed concern..." (21/1/2002).

"**IF YOU CAN SEE SOMETHING OTHER THAN CRAZY, YOU CAN FIX ME.**"

"Schizophrenics **need help** - not a **hard** time."

Ah! "**The search for one voice that is silent...**"

Ah! "**The need for inner PEACE in my head!**"

"... **it could** revolutionise how we treat

depression..."

"We only **institutionalise people**, make them **dependent...**" (12/8/1993) "**Humiliation and disempowerment are used as a tactic to further demoralise...**"

"**Rationing of drugs** is causing **mental wards** to be **over-crowded...**" (January 1994) "**... severe over-crowding... still at crisis point. These people feel they are not** in control... they fear they could go out of control... Go crazy? If we don't **get them the help we need...** Staff placed in an impossible situation... The public are still at risk..." (23/2/1994).

"**Repeated 'Community Care' failings... A catalogue of missed opportunities...**"

TOO MUCH PAIN. ANGUISH. CAN'T COPE ANY MORE = Switch **my brain** off... "I want to end it all..."

"3 managers accused of causing 14 deaths of mentally-ill patients" (22/2/1994). "**SUICIDES:** The boss of a pioneering mental health unit was sacked after **17 patients committed suicide..** as part of the government's drive to put patients back into the community..."

"**GROWING CONCERN** re: **over-use** of anti-depressant drugs. Many doctors turn to **it drugs** as their 1st option but **exercise** could be prescribed as this is effective" (29/3/2005).

INSANE: 'I've completely lost it.'"

"What will you do when **all the children are insane?**" (song by The Doors, 1960's). "If people go mad- demented, what do we do? Let them die? It's a hell of an **ethical** problem. We mustn't let this happen" said a MP (the House of Commons, 1990). "**IS HUMANITY IMPLODING?**" (2005).

("STOP MESSING WITH PEOPLE'S MINDS. GIVE THEM BACK THEIR LIFE... **People can't leave their memories behind! THIS MADNESS MUST END!**" "It's a **trick** in **your** brain, while **you're** making **money**. In your own time? **You've got no soul.**)

("People! You are **NOT** crazy. Yes, there is **something very wrong with the system...**" Trying to make do **without A BASIC NECESSITY. That is crazy! Using bullets and bombs instead, is crazy. ESPECIALLY WHEN THERE IS A PERFECTLY VIABLE ALTERNATIVE!** "You can't **deny it is true...**")

"**The Authorities are in 2 minds about it.**" "It's madness in my eyes." "Can you shut up about your stupid profit?" "**It** aint what it's **cracked up** to be." "It has yet to make sense to me." "... it has yet to be resolved..."

"... it resolves itself..." ?

PEOPLE SAID: "I think **you're crazy, hazy...**" "... **it cuts out all this uncertainty.**" "**Could you please HURRY UP?** All this **indecision is bugging me...**" "... **it's a sure thing...**" "**We're taking it back, for all time...**" "... **it's alright...**" "... **it would be such a weight off our minds...**"

"WHY don't you get it sorted out once and for all?" "What is wrong with getting to grips with it? Could any **specialist** tell me? **It is not your field?** I ask that you think this over..." "Some of us are non-hardy. Some of us have cerebral material that believes we should incorporate it, to experiment with it until success, that not to do it was a frivolous unforgivable mistake..." "Get the crinkles out of your minds- see it for what it is... Catch-up quick..." **"Is your head stuck in the sand?"** **"Is it a good thing or not the right thing?"** **"Is suffering, pain and chaos beautiful?"** "What harm could it do?" **"There's no harm in it."** "... it can't **all** be bad." **"What good could come out of it?"** **"... It could have immense psychological and physical benefits."** "You know it makes **sense.**" "... it makes a lot of **sense...**" **"... it is the only sane answer."** **"HOW TO END THIS INSANITY? MAKE it REAL. MAKE it REAL!"** **"INTEGRATE it"** (1990).

THE FUTURE?

"Whilst everyone is **pretending it is not true...**" **"To make us 'happy,' they've eradicated 'The God Complex'..."** = **"Compulsory psychoanalysis for 'everybody'..."** "Every person has to donate a sample of blood for genetic coding... **Genetic Modification** = Neurochemicals to **forcibly modify** children's physiology, **crippling** traits to ensure each child is 'normal' 'happy.' **Dogma, instilled...** **WAH! How does this help the building blocks in my soul?"** **Alternatively ~ maybe it will happen?** "Hey, **it's** going to be **OK.**" "Just know **it's** gonna be alright."

ALCOHOL:

The Indians called this: "Crazy / Fire Water" (means: 'The **Wrong Spirit**'). "It's the **demon** drink." **"1930's USA:** Prohibition. Alcohol banned. **Result:** Mob rule. Drive by shootings..." **"SET 'EM UP!"** UK: April 1983: **"Substantial investments made in Breweries by Conservative ministers..."** (i.e. **Investors reap dividends for every drink served...**) ("... Breweries put up leases on pubs, forcing 'Free Houses' to close.") "Alcohol is a **legalised POISON** that **rots and pickles your brain and liver.**" **"ALCOHOL IS A DRUG TO EASE ANXIETY:** Alcohol is an **analgesic to blot out** life... Alcohol puts you in a 'dream' world, shutting everything away. You can't face facts. **You** become blind to reality..." "I drink to forget..." **BOOZY = Fuddled.** "It doesn't make a blind bit difference to you." (**"I don't drink so I have a good memory."**) **"There is no alternative to getting drunk** that is

legal." "Alcohol is **very popular** with **young people** who see no harm in it..."

FAKING it: "It's a bottle. Let me in." **"I'm trying to find it** in a bottle" (it means: a friend). (**"Your body is your best friend. You wouldn't hurt your best friend, would you?"**)

"... it's a lonely road... and I don't want to go 'home'..." "I **drink** because **I want some company...**" "I'm **totally lost, afraid-** so I drink. **The pub's the only place I can meet people.**" "I drink because **I'm lonely.** I'll see you in the snug." **"The pub is the centre of the community."** "Some people believe they will find it in the bottom of a bottle..." "He stared at his glass of Scotch **but didn't find much inspiration there...**" "In iron desperation he had his 5th whiskey..." ("The whiskey is **liberated...**") "... he emptied his glass without even being aware of it..." "I drink because the kids get me down..."

"Kids see more than you think when you drink." "I see my mum doing it so I do it as well..." "My mum's out of it. I have to live with that. All she does is drink. The drink is destroying my family..."

"I've had such a bad past. **This** is how I cope / come to terms with it..."

"You're bottling out!" (means: You are taking the so-called 'easy' option- to escape, find 'oblivion' i.e. a bit of **peace**, have a rest away from all the stress; unwind, let your hair down- relax. **What a shame you have to get drunk** to be able to do this). (**"... it's very good** for stress- **it's very relaxing...**")

DUTCH COURAGE: **"Fortified** with scotch..." "We drink to give us the courage to say what we need to say..." **"I'm keeping it all bottled up"** (i.e. I can't talk about my feelings- how I really feel inside.) "I don't know what's happening to me- it's all becoming a **blur**, I **don't understand** anything, and I **don't** fucking **care!** **It's only a dream.** A **crazy, crazy DREAM!** **This planet is so BEHIND** the fucking times! **YOUR'E SPOILING it ALL!"**

(WHEN YOU ARE GRIEVING - you're suffering a loss... They say, if you are grieving for **something...** "You should let it all out- don't try and keep it all in... if you want **reach completion...**" "Don't try and keep it all bottled up inside you.")

THE YOUNG SAID: **"What have we got to look forward to? We can't Afford a place of our own..."** "I **don't** know what I'm going to do... I'm **wasting my life basically...**" **"We're drowning our sorrows."** **"It's** a release." "I drink to forget my **troubles.**" "If I didn't drink, I'd be **dying of boredom.**" "I'm going to get **trashed...**" "I'm tired of **pretending** I'm happy. If I'm to be honest I admit I am thinking about it..." (it means: booze?) "I'm giving it up" (it means: booze?) "I don't enjoy doing it. I only drink for the sake of it..." **"I'm dying.** I'm going nowhere." ("Getting **drunk** doesn't **change things.**") "No, but it helps." "I think **it** deserves a drink..." "I **drink alcohol because I don't believe**

it will ever happen..." **"I can't cope with any of it! So bloody well what if I'm going to hell? I'm in hell anyway. What could be worse than this?"** ("They're wounded..." "They made some wrong choices...")

"Party revellers..." **"Lust** forever- in a 'happy' crowd. No-one serenades- **the party just gets 'better' and bigger.**" "These people that love parties, rushing to them like a shot. What? Another drink? Oh, we're only human, aren't we? I haven't thought about it really..." "We're also having a **party... a party that lasts and lasts and lasts...** with slap up meals..." (**Is there a link here with copying politicians?**)

"I miss the real laughter. Wonder if we'll ever get those times back again?" "Everywhere you go, another **disgusting rowdy Hell-Hole...**"

HEAVY drinking... "Kids hanging out..." "We're getting on like a house on fire..." "Going on a bender..." "Go on. Give it a try! **It'll make a man of you.**" "Aw go on! There's a drink in it for you." **"It's a celebration."** "We're having **fun.**" **Means: "Getting trashed..."**

"I like being **pissed**" (means: 'I like being **unhappy** and feeling **sick.**') ("People who have to drink are not happy..." **"Having to stick my head down a loo is not my idea of fun!"** "I guess being sick is one way of getting some attention.") **"Crazy kids.** A real shame. They think they are having a **good time...**"

"THEY ARE KNOCKING it BACK..."

"Alcoholism is a disease. A Living HELL..."

"Drunk as a Skunk": "Vomiting, uncontrollable urinating, uncontrollable behaviour, fighting, dribbling, falling, passing-out, the shakes, hang-overs, hung-over..." "I'm in a haze. I can't find my way..." "I can't think straight, or see straight-everything's spinning round, oops! I hit the ground..." "As the chances of initiating social contact decrease, alcohol (and drugs) have the effect of **NUMBING the pain, whilst also accelerating self-destructiveness...**" "Gradual loss of control and dignity is normal with the alcoholic." "Booze makes them behave stupid - blind as a pickle." **"All the worse for drink."**

UK 1990: "There's drunks all over the place. Not much of an advert for the way the world is run if 1/2 the population feel the need to get drunk."

"His Mum left... he started **drinking- heavily.** He's had a nervous breakdown. Only 17 years old! Now he's in a full time mental institution. There was **NO warning on the bottle- these drinks are highly addictive...**" **"Gut rot caused by cheap wine..."** **"When** will they make labelling compulsory for producers so **people know how much sugar** has been added?"

"Everyone reaches rock bottom sooner or later. Hopefully, there's a limit to how far down they will sink." **"The bottom of the spiral is suicide."**

("The Samaritans receive **5,000 calls a day**" UK, 1993).

"What you are doing is an appalling waste of a life if you can't control your in-take." **ADVICE:** "You should know your **SAFE** limit, and stick to it - rigidly." **"If you could stop drinking your life away - you'd be a better person for it..."**

"GIVING UP = I know *it's* going to be good for me in the long run..." "Do you want to dry out?" "I don't want to be sober and live my life **this** way. **I don't want to survive - I want to live...**" "I'm really worried about it. I know alcohol is ruining my life. I do have respect for myself. I promise I won't do it again..."

"Alcoholics won't listen to good advice. EG. "I don't have a drink problem. I drink, I fall over, no problem." "They make a **joke** of their problem, refusing to accept they are addicted to a drug." "It's become a daily habit. I've come to terms with it." "It's not my fault. **It's a dodgy situation...**"

THE INSECURITY OF UNCERTAINTY: "You can't have a job because you drink? Don't you mean you drink because you can't get a decent job?" "Just pour me a drink, and I'll tell some lies, all the time." Whatever you ask the alcoholic, the answer is always the same. "Sure, if you'll get me a drink." "I like hitting the bottle..."

Treatment? "We're working on it to try and **reduce** the number of **drunk drivers.**"

"What's it going to be Johnny? You going to quit it, or what, before it kills you." **"Give it up?** Stop wanting **it** all the time, thinking about **it** all time, craving **it** so much that I can't think of anything else? I very much doubt it. **It's** what keeps me going! I'd be really totally lost without **it.** So **what's wrong with knocking it back** a bit?"

"It is a problem. OK. I admit it. **Fix it? How?** I dunno. **CHANGE THE SYSTEM.** But **I can't do it all on my own.**" **"WAH! I CAN'T HELP it!"**

UK: 1998: Drinking laws relaxed - all day alcohol consumption is now permitted."

2003: "He's sitting there, right in the middle of the high street, unable to get up... He's pissed all down himself, he's lying in a pool of urine... He's got no shoes on. Oh, that is so disgusting..."

"The police are unable to deal with **real crime...** They are too busy trying to cope with all the **abusive, dangerous drunks...**" (Ah!)

"ALCOHOL PUTS MORE FUEL ON THE FLAME..." "All the pent up rage..."

VIOLENCE = Lot's of **pushing... cornering** people... **kicking people when they're down, Glassing** (using glass bottles and drinking glasses to **cut** people...) **Banging** their head against **the wall... Gutter-snipes...**

"The streets **change** after 6pm... Many innocent bystanders are hurt...and many people including kids are too afraid to go out at night..."

The Police said: Whenever something is in **short supply** EG Taxis, **that's** when **people** become

aggressive, violent..." ("When demand outstrips supply, people are bound to cheat...") ("**... it's a way to stop all this brawling.**")

"Serious liver disease used to be confined to old men. **Young people, especially women,** now have this disease..." "Drink **heavily** for 5 years = Liver damage, plus all sorts of other nasty things that can go wrong with your body..." "**You only have one liver.** When this is ruined..." "Patients who drink have a low priority for a liver transplant..." "As a doctor, I have to say **keep drinking and you will die.** Do YOU want that?" "They must have a **death wish...**"

"(LIKE THERE'S NO TOMORROW?)" "To go on the Pull..." "Kids are getting **'Tanked up,' 'Wrecked,'** having **'shots'**..." "In one night, young girls consuming 2 bottles of vodka each!" (**MODERATION.** What is wrong with **moderation?** "It wasn't **moderation** that killed the Greeks...")

LOOKING FOR KINDRED SPIRITS? *Have you got the right friends?*) "Girls look for personality, romance." "Boys only want meat..." "50% of girls drink so much they cannot remember what they did..." "... all done up like **a dog's dinner...**" "... little tarts distributing sexual disease... Your **father** does nothing but weep..."

"I must have been **drunk** to ever go with **him!**"

They Admit: "**We're** going a bit **mad.**" "I don't care." "We're not worried." "**I know** getting **hammered and plastered isn't clever...**"

PARENT: "She phones me during the night, crying. She's drunk. She is **obnoxious and abusive...**" "**Drunks** like to **create** a whirlwind. Everything is said to take attention away from the fact they've been drinking..."

"DRUNK TEENS IS A MASSIVE PROBLEM." "**So many young binge drinkers. So much associated violence. There is a very real crisis.**"

"Mounting **concern...** **Excessive binge** drinking... Special field hospitals set-up to deal with **all the drunks...** Birmingham: **1,500 people** treated in **one night...**" (UK: 2004). "A government report admits **½ the violence** in society **today is caused by alcohol**" (December 2004). "**There is little government money available to help rehabilitate binge drinkers.**" Ah! **Paralysed citizens...**

Ah! **The teen spirit... spirited away.**

"CHANGES in licensing laws: **24 hour drinking in pubs and clubs given permission.** **More young women** have mental health problems, are more likely to try suicide because of alcohol... **Police advice ignored...**" (14/1/2005) "**Super-Bars have been introduced,** each catering for 1,500 people. **Drink all you want...**"

"Instead of having to deal with **fight**s after the pubs closed, the police now have to cope with **drunks on the streets all through the night...**" "**What a horrible job for the police!** I actually *feel sorry for them!* Must be very frightening for the police to **have**

to face **crowds of drunken jobs night after night,** who may be **armed with knives or other weapons.**" ("Those little anti-stab vests they wear don't even protect their kidneys! None of the police are wearing hard hats! What if someone comes up behind them... smashes a bottle over their head? You'd think the government would at least make sure the police had adequate body protection!")

"Alcohol is banned in Muslim countries... You don't see them **falling over...**" (in public!)

"Alcohol is poisoning your system..."

UK: "30,000 violent incidents a year related to alcohol. Alcohol has killed as many people as smoking..." **"Kids almost dead from alcoholic poisoning..."**

"These **kids** have a very strange, *twi-light existence...*" (nocturnal, like owls...)

"DIRTY STOP OUTS": "24/7 drinking... encouraging more alcoholism / more binge drinking... The police can't cope..." How are the police going to cope? Economic **pressure** on licensees to get maximum licensing opening times.

Young people deliberately getting *leg-less* - what is that all about? This is a social and health problem. **We need to find a better way. This is costing the health of our young**" (Question Time, BBC1, 20/1/2005)

"They want a 24/7 life-style..." The system wants to exploit (that) to make lots of money out of these kids... + stop them inheriting? An evil plot... to kill the young...?

"... it's a sobering thought..." ("Mull 'it' over.")

"Alcohol is a short term 'fix.' Can't we come up with *something better* than that?" (**... it has far greater potential for solving problems.**)

"Finland **charges** extra on alcohol, called **'The Sin Tax.'** The name makes me want to drink more..." "France charges less Tax on booze. Crossing the Channel to buy booze is increasingly popular. The French are making a **killing...**" "The French **eat food** when they drink. This helps their system to cope better. They don't drink on an empty stomach..."

"Dealing' with **abusive and obnoxious drunks costs (Tax-payers) £20 BILLION a year...**" (UK: 6/7/2005) "**90% of people** in the UK **consume alcohol...**"

"... Alcohol is the number one drug of choice of kids in America. **Every child is at risk...** Rehab centres often don't work. **Cost \$41,000!**" (ITV3, 13/9/2005) (If **the majority of people are intoxicated, how are we going to perfect the guiding system?**) (see Chapter 16).

"Binge drinking is now such a problem, the government has launched a campaign to **combat** it" (12/8/2005).

What's the answer? If caught on streets or anywhere over the limit, referral to doctor for rehab? Issue Alcohol Ration cards? No ration card, no alcoholic drink. Only allowed to purchase drinks up

to **safe** daily limit. It will need supervising... ("To **DETOX**, drink lot's of fresh water.") "Drink **less**, you can **concentrate better**, you get a **better** night's sleep, feel better in the morning..." ("... it will make you feel better...") "When you're cold stone **sober**, will it reach into your head and turn on a light? Maybe when your heart and soul are burning, then you might see? COM 'on. There's nothing in the way! When you've got a **love** that's as strong..." (song).

Ah! The need to be drink-free...

("... **it should be a sober occasion.**" "... **it should be good fun...**" "... it's a celebration of life i.e. I'm here for you...")

"**7 million** people in the UK have a serious **heavy** drinking problem..." (news report, 9/6/2007).

DRUGS:

"**Any mind altering drug** is potentially **dangerous.**"

("What's so wrong with your life that you have to do drugs?")

"I need drugs! Give me some drugs! I can't cope with this life, how I feel... I need **drugs** to **brighten** this dull world." "The authorities are very good at bringing **us down**, so **we need to get high.**" "All I want is **something** that gets me out of **boredom...** that's why I do **drugs...**"

Drugs = "**It's sad...**" "A lot of kids are addicted to speed..." (I can understand why!)

MARIJUANA:

Also called: Grass, Cannabis, **Dope**, Pot. (Cannabis or Hash is marijuana leaves pressed into an oily **RESIN...**)

"A **soft** drug, with **therapeutic qualities.**"

"Queen Victoria was partial to **marijuana.**" Why? **Marijuana is a NATURAL HERB, used for CENTURIES AS A MEDICINE.**

Not smoked, with tobacco! If inhaled through a (**cooling**) **water** bong... is **less dangerous** than smoking with tobacco (because, apart from **anything else THEY add** to tobacco- **they use a lot of saltpetre** in cigarette **papers** to make the cigarette **burn faster, so you smoke / buy more.** **Saltpetre is a known carcinogenic.** **Saltpetre i.e. Sulphur** and charcoal, as used in **gunpowder**).

Effect if **pure leaves** inhaled with **Steam: Promotes Natural Healing** of Lungs... **NEW TREND:** Toking via a vaporiser to minimise effects of **smoking** (February 2005).

(**HOME GROWN = FRESH.**) A **few fresh** leaves infused in hot water, drained, sipped as a tea... purifies blood- removes toxins, and helps the body discharge excess water (is a natural diuretic); (to sweeten, add a bit of honey). Fresh leaves rubbed on skin, eases bruising (beneficial for the elderly...) (to help achieve a **peaceful** passing). Is used as an eye-drop to help cure Glycoma.

Marijuana As A Drug = "I just want to get high..." (means: This is as close to Heaven as we can get. See life in a *different light*. **Realisations! Understand** on a **deeper** level - **it has a Magical, Calming** effect... **You feel PEACEFUL** i.e. "at peace with your maker" "as one with your maker," and **GENTLE**).

("...to benefit their **spiritual** path by learning Native American **knowledge and wisdom: The Peace Pipe CEREMONY:** ... a strong catalyst to import a powerful feeling for our Mother Earth and all living things... **be reminded of our principles: Respect for Mother Earth**, respect for our **fellow man and woman**, and **respect for individual freedom...** **The red path only to convert, destroy and replace** it... **Those of this new era seek to help**, not to **destroy**. They are open-minded, not narrow minded... **insight; together we** will all join forces to make a **better and a more peaceful world...** No form of **mind-altering** substance is condoned by Native American religion. The **True** Native American **Way** finds the **Great Spirit** through "our own juices" (fasting, knowledge and observances of God's creation and the **Sun Dance, Vision Quest**, and **Sweat Lodge ceremonies**)..." (ref. Wikipedia.org).

MODERATE USE: "...my thoughts are **CLEARER** now..." "I **feel BETTER...**"

Has Opposite effect to Alcohol.

NOT 100% HARMLESS: Some (minor) impairment of balance... **Can cause bad** head-**aches**, **Memory loss.** **Slows** reactions (not good if operating machinery!) **OVER-USE:** = You can become **dopey, sleepy- all** the time.

What are the most used phrases amongst people who **ENJOY marijuana?** "**I need a joint!**" "**I could do with a nice joint.**" "**Do you want a joint?**" "**Are you going to share that joint?**" "**Pass the joint around...**"

(Note: **Dual meaning:** A Joint is a place where I live, & a toke).

"**I'm stoned!**" (i.e. *I float off, let it decide for me...*)

"**Is the world is going to pot?**"

("I wish..." (see: **HEMP:** Chapter 3 / Housing / Modern Building materials).

Legalised in Amsterdam: "Attracts a lot of **tourists** coming for the sanctioned **marijuana cafes...**" (**Angel Cake:** is pink coloured or chocolate flavoured sponge cake, with a tiny bit of cannabis in, and is also sold in the shops for 'happy families.')(The Bull-Dog' cafes sell soft drugs supplied and controlled by the government. **Selling seized drugs?**)

"It makes you **suspicious**, it **destroys your body, your life, your families.** **You've got to say 'it's not for me.'** We need the words young people can relate to" said Virginia Bottomley, UK Conservative Health Secretary (14/11/1992) (**HEAVY SIGH.** "**... it is not a drug...**")

(**Big Scare Tactics** = **Attempt to control / to make**

profit out of **marijuana**. **Is banned by authorities who fear loss of credibility...**

"If the police catch me..." (**Paranoia** (fear) **caused by** knowing **usage is illegal**. People still grow and smoke, despite risk of being caught by the police. ("I'd rather be paranoid than stupid.")

"Countries that impose the DEATH Penalty for possession of **Marijuana** are: Borneo, China, Dubai, Fiji, Indonesia, Philippines, Singapore, Saudi Arabia, Thailand."

"America has declared WAR against... marijuana growers! Spending \$millions to **destroy plants**, grown in countries where 2 out of 3 people are below the poverty line and marijuana helps their economy..." (26/8/1993) (**They need an Alternative crop!**)

USA: "You grow an ounce on your farm and that farm can be seized." (What an excuse to **rob** people of their property!)

UK: "MORE MARJUANA SEIZED THAN ANY OTHER DRUG: ... of all drugs seized 85% is cannabis. The UK's Home Secretary, against the advice of the police, wants to raise **fin**es for possession... to stop **'hard drug abuse'**... **'... it is largely a technicality'** said Michael Howard (3/2/1994) (**Fined, jailed, criminalised...**)

"Cannabis has taken over from alcohol as a **relaxant...** a **social pleasure**. It has become **socially acceptable**. There is no proof it leads to other drugs- it is easier to establish a **connection** between **cocaine and champagne...**" (16/2/1994).

"Cannabis is the drug of choice for a large number of the black population, with religious and sociological connotations... **one result of making this drug illegal will be that the black community will be harassed...** The social consequences of this are obvious..." (17/2/1994).

"SMOKING cannabis doubles the risk of developing mental illnesses EG. schizophrenia due to chemical changes in the brain... Health campaigners said it was more evidence of a drug-induced **mental health crisis**" (re: Study in New Zealand, BBC 1/3/2005).

"UK Charities welcomed moves to **re-think** classifying **cannabis** as a Category B (**hard**) drug after use linked to causing some people mental illness- schizophrenia" (19/3/2005) (**Money, governments and traditional housing** are also **linked to the causes of schizophrenia**. **Is everything that is contributing to mental health problems going to be outlawed?**) (Does the good outweigh the bad?)

"Even **giving it away** to 80 year old Multiple Sclerosis sufferers **incurs stiff penalties...**" Cannabis-based medicines are currently being trialled..." "She died after her 1st dose of the **new drug...**" (21/3/2005)

"Let's cut to the chase... for a world at war"
"Yeh, Love and Peace, man..."

"I don't agree with drugs EG. alcohol, cigarettes and

cocaine. I've seen the harm **they** can do. **But of all the things to ban! What have the governments got against peace and enlightenment?"**

Is this war against marijuana a part of **their conspiracy** i.e. **let's clip their wings?**

"A NEW 'GET TOUGH' POLICY AGAINST ... he was caught with £900 worth of **plants...** and **fin**ed **£20,000** 6 months later. Pay or face jail..." (UK, April 2005) "Should **marijuana** be re-classified as a **HARD** drug? The Labour government are thinking about it" (January 2006).

"AHDD & ADD: Based on patient testimonials... A lesser known treatment = Medicinal cannabis i.e. if prescribed via a doctor – not with 'reefer madness' i.e. not smoking it, but ingesting a small amount via a cookie; beneficial effect can last all day = Peaceful, relaxed, can concentrate better. Is a viable treatment. Can be of enormous value. But knee-jerk reaction against due campaign to repress & people being lied to re: benefit..." (ref. Dr. Claudia Jensen, youtube, 28/6/2006).

PROTEST: "SAVE LIVES. Legalise marijuana."

"What if God smokes cannabis?" (song).

LSD:

"Artificial **hallucinogen**. Used in **psychiatric** treatment to try and 're-orientate' **people's minds**. **Result:** Failure and success. Can do more damage, more good than you would believe. Can increase **Extra Sensory Perception** (ESP). Groups use this to get in touch with their **spiritual** side. Speeds up activity of the brain- gives you access to parts of the brain normally unaware of." (i.e. heightens perceptions...)

BAD TRIP: "Can be extremely frightening if you take LSD and then find yourself with someone, or other people, in an Environment where you do not feel safe / comfortable. Can cause long term damage, insanity / makes you do really crazy stuff EG. climb a lamppost, refuse to come down because you think the police are lions on the pavement!"

ECSTASY:

"The 'happy, happy' drug that makes **kids go off** their head... A designer **chemical drug** known to **kill** Serotonin in **brain** nerve cells (which may affect **emotional** states). One possibility is that in the future we might be faced by **many psychiatrically ill** people- as a result of **ecstasy**. **Damage may be long term**. We don't know if **brain can repair** damage.... **Ecstasy** likened to **Soma** - the drug used in Aldus Huxley's 'Brave New World' to **control the population...**" (22/10/1993).

"Overdose? Your body could have a **fatal allergic reaction** to **one** tablet..."

HEROIN:

A **HARD** drug. Also called: **SMACK**.

HARD = "Anything that **hurts** your mind & body, is hard."

"A **highly addictive**, illegal, narcotic drug..." Made from poppies / opium ("... a derivative of morphine – which **induces sleep, stupor, coma**, relieves pain, or stress – is something that **soothes**.")

"The **kids** in **undesirable** areas... the **dealers** in the **blocks**..."

"... she **hangs** out... "Hey, **I need it to take the edge off**..." "I can't cope with **reality**..."

"A **mug's game**." "Send you so high, **you may never come back**." "Her eyes are clear and bright, but **she's not** there..."

"I'll do **anything** to get my next **fix**..." "...has to **rob to pay for the next fix**..."

"...it's such a strong **craving!**" "**Once you start, so hard to stop**. Have to do '**cold turkey**.' You shiver, shake uncontrollably, feel like you're coming apart. **Very hard to do on your own**. People forget their body is used to a drug, to get off the drug, their body is going to go through a period of adjustment. Most addicts can't get off heroin because of **this**. **They need specialist help**."

"I'm **trying** to kick it. It's a filthy habit - I hate it."

THEY SAID: 'Don't do it. Clean up.'

(What they should say is: "Kick the bad habit. Go for the new stuff. Get with it.")

("There should be no doubt about it.")

"**Please** Dad. Can I come and live with you? I'll never get off **this stuff** whilst I'm living **here**..." "No, **sweet-heart**. Until you **clean** up your act, I can't trust you..." "... she might **grow out of it**, eventually..." "**I don't want to be like this but until I find an alternative way**..."

"The **desire** to leave the **city** is so **strong**... some **children** are **injecting** themselves with **dangerous drugs- all too often with fatal consequences**..."

"Offered **methadone** as a substitute..." "You get **addicted** to methadone..."

ADDICT: "The problem is not the drug/s. It's the lack of it!"

ADDICTED (means: "**Can't** do without it...")

JUNKY (means: **More, More, MORE!**)

A JUNKY DISPOSITION (means: "These people **never** know when they have reached **saturation** point.")

"There's a **huge void** in **my life**. I try to **obliterate it** with **drugs**..." "I don't know what else to do..."

"**MANY JUNKIES ARE SUICIDAL**..." ("**Suicide** is a **cry for HELP**.")

("Why does he / she have **suicidal tendencies**?")

("Do the **YOUNG** perceive **they have NO FUTURE**?")

"... Got so many **problems- hard drugs only 'answer'**. **Have to prostitute** myself to pay for the habit. **I get badly beaten**, put in hospital, put **back on streets again**. **No-one wants to know**. I don't want anything to do with society because society doesn't want anything to do with me." "**A vicious**

circle..."

"Junkies, hookers, the homeless- **don't pay a lot of Taxes** right, **so who cares? HOW MANY KIDS HAVE KILLED** themselves **OVER-DOSING?**"

"**Can't we get the numbers down, realistically?**"

Is the **MALAISE**- the underlying **CAUSE? Is it the cure?**

"...1 Million dirty needles were **dumped** by heroin addicts in Scotland last year... **the spread of Hepatitis C**. ... figures expose **the alarming GAP** between the number of **clean** needles issued to heroin addicts and potentially infected drug-injecting equipment that is being handed back and 'safely' destroyed (incinerated)... 2.9 million clean needles were **issued** to drug users at around 200 clinics nationwide in 2004-5..." (Ref. The Scotsman, 10/6/2006).

COCAINE:

A **HARD drug**. Also called: *Freebase*, Snow, Charlie.

If you suffer from nerves... **dealers** tell you to use Cocaine because Cocaine makes *you* become **VERY COLD / UNFEELING / NUMB**... **Over-confident, completely arrogant, terrifyingly convinced of your superiority, your own self-importance**. Cocaine is **quickly addictive**. Cocaine **ruins** lives. **Very Expensive. Destroys living tissue**."

"Cocaine makes you **CRAVE POWER OVER people** and is **the preferred drug of the rich** EG. **Politicians, money men, city slickers, high fliers, and drug barons**" (and terrorists?)

"... cocaine fuelled... the **SICK** rich..."

"2 drinks were no defence against this crowd... he could feel the sweat on even the very rich, and he knew there was cocaine around and probably everything else illicit... **titillating to people who have no fear of ever being caught**. Crime, he realised, is in the streets, when you get off the elevator **at the penthouse, crime** becomes **chic**..."

PERU: "**Authorities** destroy existing crops to make cocaine, **without funding / subsidising the establishment of an alternative**. **The government haven't thought it through properly**. Their policy is useful to the guerrillas (the Shining Path) who rule with guns, taking advantage of the **poor** living conditions, **the poverty** and **unemployment** amongst the peasant **farmers**" (Channel 4, January 2005).

THE NEED FOR AN ALTERNATIVE: A Young Boy said: "**I want to get off this drug, stop selling this** but I can't. There are no jobs. My name is on police computers. I can't sit here all day doing nothing. **I need to get out of this slum**. I got nothing but troubles. **All the people** I grew up with **in my gang are dead** - I saw them die. What can I do? **My whole family is in a slum**" said Leo. "Every time he does something **wrong**, he **screws** up again." "**He's messed up with drugs. I'm his mother and I can't help him**..." "**The boss - 'the main man' -**

the dealer arranges to kill him because Leo owes him some money. The dealer's gang shoot Leo, and cut him to pieces" (re: RIO, in Brazil, Channel 4, 20/1/2005) **WHAT A WASTE OF LIFE...** ("WAH! Poor kids. They've no choice, no chance, or hope of improving their lives. What were they born for? Born too soon?)

"ADDICTED TO BOOZE & 'FREE-BASE:' "He was so lucky he got into the support group on the day he needed to ..." "Society makes you feel weird... for wanting to stay clean and sober... then makes you feel weird when you're addicted! **It's a... mental craving!** It's fine drying out in a support group but when **I'm on my own** I got to phone my supplier..."

"Money will run out for alcohol and drug rehabilitation by September... 17 UK councils are in trouble" (1/7/1993) ("... something will turn up sooner or later to make our spirits higher...")

CRACK:

A HARD drug. A drug designed (by?) to rid the world of ghettos. (Means: Kill the people in ghettos). Incredibly addictive. 1st high so 'good,' you have to do again... But that high not so 'good.' You need more. Makes you go crazy. The person you were has gone! Replaced by a crazed killer. You could kill your own sister and mother and your baby- so quickly and not care. **REALLY DANGEROUS!**

"Smoking Rocks..." = "TAKE ME TO THE DANGER ZONE..."

Users: Called CRACK HEADS.

USERS say: "I need help now! I can't handle it. I'm scared..."

"CRACK could destroy society if allowed to spread- reek absolute HAVOC..."

"Recovery is a big issue in the USA" (Deadly Bliss, Critical Eye, Channel 4, 21/10/1993).

"The need to track down criminals who kill to protect their evil, vile trade (Crack dealers). There is a need for a special armed police force to stop USA-style violence in UK and elsewhere. Turf-wars: Fights over territory- who has the right to sell. Continuing decline..."

UK: "CRACK EPIDEMIC IS HEADING OUR WAY. Government has failed to grasp the drug is spreading with alarming speed..." (21/10/1993)

"Yeh. We've all got a substance abuse problem..."

"An enemy of good government is organised crime. The hard drug dealers..."

"This is a WAR situation! Crack is now available on almost every street in the UK" (2004).

"Do you want to be cracked? You dope. This stuff will kill you. Or would you rather 'the brothers' told you what is in your heart?"

"Use of Crack up 50%" (UK, November 2004).

DRUGS = The lure of big money = Dealers = Big drug cartels. BANNED: But plenty about.

Dealers getting rich, their victims anguished... They truly desire it..." (Ah! Given a decent alternative = Bi-Bi capitalist cartels).

UK: "THE DRUGS CRISIS: Gangsters, armed, desperate... are on the loose in Britain... Michael Howard says only way to stop them is to legalise all drugs! 'There is a substantial body of people who support the re-introduction of the Death penalty.' We need to increase the intelligence the police have... We have got to have deterrents...

The Defence of the Realm... Legalising means more (of these) drugs will be used..." (22/10/1993) (Ah! Our National Security is threatened...)

(Ah! "... it will stop people from becoming addicted in the first place.")

UK: "IMPOSSIBLE TO HELP PEOPLE WHO MOST NEED it: Hostels and homes for treating women drug addicts and alcoholics, are faced with closure so complicated is the bureaucracy and so tight the funding... 96 women went through a 6 month program (cost £350 per patient per week) 65% have stayed clean... Drug and alcohol projects across the country have been monitored by a charity called 'Turning Point' who say it is a story echoed around the UK..." (16/7/1993).

UK: "MISSING OUT: Almost 80,000 people admitted to being hooked on Crack in 2004, compared to 63,000 in 2003. Crack addicts need to spend £27,000 a year to pay for their habit. The number of Crack addicts involved in crime has risen 300%. The COST of the Crack and Heroin crime toll is £16 BILLION a year. 84,000 Heroin users are having treatment, compared to only 7,200 on Crack. Without urgent action, we face an escalation affecting future generations" (re: report by TURNING POINT, 26/7/2005).

DRUG REFORM (Current Thinking): "Drugs are not an escape..." ("Doing drugs is a way of killing yourself / Suicide but that isn't recognised as needing to escape from reality?") SOCIAL WORKER: "I believe substance abuse is caused by the need to blot out the misery of their existence."

"Don't YOU realise these kids will die unless we do something?"

The USA's NATIONAL DRUG CONTROL POLICY: "The President's Strategy = "He plans to see it through. He promises to do this but I'm not sure he can win this the way he wants to." The budget thrown at this?" The President said: "We need new ideas!" Only option on the table = "Unlimited funding" (for what?) "We need to stop thinking of our positions. We just need to do the job." SPEECH: "THE WAR ON DRUGS. It's a war we have to win for our children. 68 million children targeted. Protecting these children must be Priority Number One. I see it, not as a problem, but an opportunity to correct the mistakes of the past..." (Ref. A FICTIONAL FILM).

"How do we get these addicts **clean?**" **HOW to rehabilitate?**

REALITY: "No money is available to provide rehabilitation." Uh?

"I got to square up..."

They're getting people to chant: "I don't need it..." duh

Instead: "**Make it available. It's much better.**"

CORRECTIVE ATTITUDE: Say: "Don't be mad, sad. **You** don't have to wait, just take it gradually. Don't despair." "You should try it. You might prefer it..." "... it will show you... **it don't tell no lies.**" "... **it will get you on a natural high...**" ...it will get you higher..."

"You are moving away from addiction i.e. closer to it."

SENIOR CITIZENS:

RETIRED = "Ready to **hang it up yet?**" "**I'm past it?**" "**I don't believe I ever reached it...**" "**Why put it off?** We're not kids anymore."

"**I wanted to save the world** when I was younger but you lose it after a while. **If you can tell me how, I'll be right there with you.**" (Ah! You **didn't have the time?** Were you **overwhelmed?**)

"I didn't have the courage to do it." "I kept the **dream** in mind for a long time. I **dreamed** it would last a long time. I keep holding onto **it.**"

"**We've spent our lives waiting.** Now we're still **waiting**, wondering who is going to die first!" "**Will we manage to do it** before we croak it?" "I'm not too old for **it**, you know."

"**I'm afraid... I'm ageing rapidly...**"

"**OLD PEOPLE GENERALLY TREATED BADLY BY SOCIETY**" (UK: 1990). "You don't **see** many **happy old folk these days...**"

"The trouble is, with so many people, especially the retired- those who have **no work** to do, is they don't know how to keep their minds occupied and their body's **active...**" (Ah! They need to be doing something...")

"A stale old mind needs to think young. **NEEDED: FRESH ideas**" (1992) ("I think I've found a way to make you smile...")

KNOW HOW: "The elderly have a **wealth of experience.**" EG. **GREEN FINGERS:** "Maybe we could grow plants? Gardening is very therapeutic..." "I'd take to it like a duck to water." "It will do very nicely, thank you very much." "You mean **I could feel free- naturally! Do what I have always wanted to? No problem!** You mean **I could emerge with a smile- with a happy face?**" "**By God**, I'm willing to give it a go!" ("Did I see you smile?")

"I'm too old for it. I can't change now. I'm **stuck** in my ways." ("You must always keep your mind open to new ideas.")

"**HAPPINESS** = Being a kid at heart." "**It's better than I ever dreamed possible!**" ("**They'll find it**

quite invigorating, you know!")

"One day, someone will take it seriously..."

"**Get on with it!** None of us are getting any younger."

"**IF we could help senior people to live more independently, IF we could relieve their poverty, their loneliness, sickness...**"

"**WE WOULD WELCOME it!**" "**So hard to meet people** round here. I'm in a community but I don't really know it..." "... **it's not** up my street..." "**BEING ALONE IS SO HARD. It could be such a comfort...**"

"**How are we going to survive our old age?**"

"Human garbage, kept out of sight- the disabled, the imperfect..."

"Helpless bodies can have a mind!"

"**OLD PEOPLE CANNOT AFFORD TO KEEP WARM...**" "**THE DAMP** is really getting to me.

The damp is really bad for my arthritis. I can't get around..." "**The damp isn't good for the old**, or young..." ("15,000 children in the UK suffer from rheumatoid arthritis" 1993). "**I feel so old, so cold.**"

"There's no form of heating in here." "**We need to keep her warm. If we don't, she will die. Large, cold, dank room. Oil fired** old radiator- very inefficient. **Can't Afford.** Wont go to hospital. Say's she would rather die here!"

'Can't you implement the findings of your report?'

'The policy wont cope with any **more economy cuts.**' 'How's Mrs Willis?' 'She's arrested! Get the Crash team! **CARDIAC ARREST!**' 'I wish I had called in to see how she was doing... How is she now?' 'We don't know yet.' 'That woman is going to die. And, **at the end of the day, no-one really cares.** What about **compassion?**' 'We've got to **protect our resources.**' 'What are **we** going to do?' '**None of this would be necessary if a few 'people' in High Office** just looked out of their windows from time to time.' 'Not a decent meal inside her for days.' 'She's died!' 'Poor Mrs Willis. She did not want to live.'"

"**THE END OF OUR WORLD...**" = "**Christmas on Earth** - a time of friendship, crates of beer, turkey, chestnuts, **baby Jesus** and huddled next to the Christmas tree **a pensioner** who sits and **freezes.**"

"**We still don't know how to cure the Common Cold.**" "**Until there's a CURE...**"

UK: "In the 1989 **winter, 26,000 people died** in the flu epidemic..."

1989: The **Conservative Party** are introducing legislation... **ABOLISHING HEATING ALLOWANCES** for **the elderly** for when the temperature drops below freezing." ("**I'd tell you why but you wouldn't believe it...**")

HYPOTHERMIA: THE TIP OF THE ICE BERG:

1979: **863 deaths** 1980: **596 deaths** 1981: **685 deaths** 1982: **664 deaths** 1983: **538 deaths** 1984: **555 deaths** 1985: **559 deaths** 1986: **848 deaths** 1987: **827 deaths** 1988: **698 deaths...**

"The **official statistics** have been questioned many times, in the House of Commons. **These figures do not take all ages into account**. They reflect only the number of deaths where hypothermia was stated as the **main cause** of death. **Heart trouble is intensified by hypothermia**, but hypothermia may not be mentioned on the death certificate" (Age Concern, 1990).

"50,000 OLD PEOPLE A YEAR estimated to **DIE in cold winter conditions, in the UK. 2,000 deaths a week**, caused by cold-related heart attacks, blood clots... said a research team. Triggered by a short spell in the cold... EG. **waiting at a bus-stop...**"

"APPALLING CONDITIONS FOR THE ELDERLY IN HOSTELS. Long term housing solution needed. Permanent accommodation needed. Hostels are temporary. Elderly are frail- in need of care, support. Some been **Homeless for many years**. They have not chosen this life-style. They are not happily sleeping on park benches! People need to be alerted. Not enough said or done about **the elderly Homeless. Most elderly people who are Homeless are on the streets**" (3/1/1991) **"... help me** through the night..." "I saw 3 ships go sailing by..." "... when the **frost was cruel...**" "A 90 year old man was found hanged from a tree in a park. The pensioner was identified as Alex Mideilo who lived in a Cricklewood hostel..." (3/12/1992).

"MANY REPORTS OF THE ELDERLY SUFFERING CRUELTY in **private** rest homes, **run for profit...** EG. "A secretary noticed the old woman was in pain... The woman's arm was broken while being forced to take a bath by a male 'care' worker who failed to report the 'accident.' She had been denied access to a doctor for 2 weeks..." **"NEGLECT AND ABUSE**, aggravated by **lack** of supervision, by **lack** of medical care, **lack** of health inspectors, **lack** of training / qualifications, **poor** wages- a **low status** job..." **"They are charging a fortune** for supplying a bit of food!" "I've no money to provide you miserable creatures with food." **"Left to starve..." "I'd rather die than end up in a place such as this."** "I'd kill myself!"

"CONVICTED OF CAUSING CRUELTY (mentally and physically) to the elderly. Closed down. **They** moved to another district. Are now **back in business...**"

"AGE CONCERN WOULD WELCOME ANYTHING THAT HELPS PREVENT OLD PEOPLE DYING. Anything!" (BBC, 12/1/1993).

"COLD COMFORT: Report: **4 out of 5 old people** live in houses that are **too cold. Can't Afford** to heat. **A misery. An igloo.** So cold. **81% are too cold. 738,000 elderly people at risk of hypothermia. 23% go without basic necessities. The elderly need properly insulated homes urgently. Government urged to provide these"** (Age Concern, 26/2/1993).

"A man broke into an elderly people's home..."

(rapes / murders). **"The elderly** live in **fear** of being **mugged, robbed- murdered** in their beds" (1992).

THE LAST STRAW: Depressingly familiar stories: **Attacks** on elderly, frail victims, **men posing as officials coming to read mains meters - beat, rob** their victims most **cruelly, destroying** their faith in Humanity... **BEATEN BLACK AND BLUE, left to die...**" EG. "A 96 year old woman moved from her flat, **fearing burglars.** Went to a 'safe' flat **with a warden**, and was attacked in her room- badly beaten. Not found for 8 hours... is suffering from hypothermia. Her condition critical" (January 1994). **"Too scared to go out,** doors all locked. House **broken into- burgled 4 times.** Put on ground floor so can get out - no lifts to break down but more vulnerable. **Can't sleep** at night due to **noise** of tormenting children. No-one seems able to do anything about it!"

"I can't sleep! The Noise! The people **downstairs and upstairs- next-door...** Noise goes on all night, every night- **banging and crashing.** The doctor won't help. **If only I had a small place I could Afford...** then I could move out of this flat - **but I haven't found anywhere like that. They're trying to drive me out**" said a 64 year old widower, subsisting on invalid benefit, unable to Afford repairs to fix **the broken central heating boiler.** His landlord is **harassing** him..."

"I have to put you away. Diminished responsibility. **In need of care and protection..."**

"PLEASE! DON'T PUT ME AWAY!" "Old folk don't want to be shoved into an old people's home and **fed Valium** until they are put down." **"LEFT TO ROT."** **"Dreadful. The rows of sad looking old people with nothing to do** but stare out of windows..." (like antiques) **"... watch the box..."** (fantastic). **"If you're happy and you know it...** clap your hands..." "Oh, no! Not the Hokey-Cokey again!" "We're going back in time, quite literally..." **(JOKE: "At the funeral of the inventor of the Hokey-Cokey, they put his left leg in..."** ("Could life be more exciting?")

"... age 79, she was found on the motorway, in the pouring rain, trying to find her way back home. But she was going the wrong way... The 2nd time this happened, she died of pneumonia..." **"I'm too old to run away..."**

"... in cramped rooms smelling of old people..."

"You can always tell where an old person is 'living' - the place is run down..." "Did they do this to you so they could sell your house? What happened to all the money?" (Squandered!) "I don't know, dear. They sold everything I have! Oh, dear. Have I put my foot in it?"

"CLOSING OLD PEOPLES HOMES... 'Every day before I came here, I cried. Now I think it's terrible they're closing this place down.' Almost every London borough is **making cuts. A catalogue of cuts.** To save £21 million, to save £20 million..."

People are suffering very badly as a result of central government. Total cuts across region is £1.5 Billion. No extra money on the table. Very worrying. Spending targets unrealistic. 'We're putting in more money than ever before' said the government. 'Next year, Local Authorities will have improve efficiency!...' (12/1/1993). "Nice, big, cheap, old place..." Bought by property developers, turned into executive flats..."

"I LIKE MY INDEPENDENCE..." "But you might fall over and hurt yourself!" "I know I bruise easily..." "She had a fall. Poor thing. Never really recovered..." "She went to pieces after they put her in there..."

"He / She has got to keep this whole place clean! Not an easy place to keep clean - takes a whole week! He / She gets upset. Can't do as much as he / she wants to. Most vulnerable. Confused. In an agitated state. Worried. 'I'm a nuisance.' 'It is not a viable proposition for me to look after him / her... The house isn't big enough. I don't live near enough. What is really best? Hospital? A bed on a ward? Or the Social Services? Meals on Wheels? One visitor a day for less than 10 minutes? An Old Peoples Home? Sit in a chair all day, waiting to die? We haven't got the room- the space, for him / her. He / She would disturb the house-hold. He / She seems discontent no matter where he / she lives. Nothing's good enough. I feel mystified! I just stroll around, feeling a bit lost. The fighting has gone out of him / her- that's sad. The loneliness he / she suffers...He / She wanders- could have an accident. The QUALITY of life he / she could have... He / She could function in a socially intact way... at a day-centre? The Local Authority will have to accept responsibility for him / her. Guilt! Perhaps we've let him / her down? Children don't always get what they want. He / She needs to be protected as much you can. Alternatives simply not available? 'Care' is not FREE - relatives have to pay 'top-up fees.' Worry-how long will 'care' go on for? 'It's not as family-like as it used to be' he / she says. 'I'll have to get used to it. I'll gradually get into it - be satisfied. It's got a nice little kitchen in it to help me along- things like that.' Happier here? Very emotional..." (Who Cares Now? BBC2, 22/3/1993) "Just because I'm old doesn't mean I can go without."

"The government wants the elderly, the disabled to be looked after in the home, not in an institution. Implemented without proper resources. No help for carers! Grants available going to (traditional) building projects- to those who only want to make money out of the situation" (ITN, 31/3/1993) "Why can't we have a fast, efficient service, relatively simple and cheap?" "Charges for Home-helps is soaring" (March 1993).

"THE GOVERNMENT'S 'CARE IN THE COMMUNITY' SCHEME IS A SICK JOKE." "The

QUALITY of CARE = "Tell me what you dream for." "You asked for it..."

"I'm sick and tired of always being sick and tired." "I'm FADING... away. I don't want to live any more. Not in these conditions..." "I am past it now. You do it for me, sweetheart..."

"Many children are looking after disabled / elderly parents... and are suffering..."

"Many nights I cry myself to sleep..."

"MANY ARE CONFUSED, HAVING SUFFERED MEMORY LOSS: Many old people have nervous diseases- are confused, devastated having suffered losses... Now government decanting them from place to place like dominoes. The government's 'Community Care' aim is to save money by closing residential council homes- stay at home, get relatives to look after you. Councils plan to study short-falls, assess real needs and organise the services they require. It's going to be difficult to provide the standard they need. If they can't care for themselves and no-one cares for them, then what will happen? The Local Authority has to look after them. The care for the mentally-ill and physically disabled? The government's 'Community Care' programme may lead to more neglect under these proposals" (BBC, 1/4/1993).

"COST OF CARING = Selling your home / taking out loans to pay for a nursing home (£400 per week!) 'Everything they do makes a muddle or is going to be dangerous.' Paying to be looked after. Care visibly collapsing under the strain. 97% of CARERS have emotional problems - suffer from anxiety, stress, depression..." (BBC, 5/7/1993) "£5,000 of savings gone in 3 years- eaten by private nursing home fees..."

"Those who work in caring professions EG. working with children... are not highly regarded in society. Therefore, wages are very low. This leads to low morale and lower standards of care..."

"KEEP it IN THE FAMILY: People used to be able to pass their home onto their children but these days most homes have to be sold to pay for care in old age..." "LEAVE it TO ME: "I was next in line to receive it. Now the government has it..." "INHERITANCE TAX being raised 50%" (UK: 2005) (How could the government assess an invaluable item for hereditary tax?)

"Home is such a terrible state of repair- has to close." "Can't Afford to refurbish. Can't move / jiggle old people around... I hope we can get new systems in place so we can manage looking after old people better" (28/9/1993). "Old people will have to leave the old peoples home because the owner will not pay for repairs..." (23/12/1993) "This is the last thing I need at my age!" "Cost of running an old people's home going up and up- getting more and more expensive..." There were many upsetting scenes shown on TV of old people crying, being

evicted from residential care homes, with **staff crying...**

"When Aunt Nelly bangs on the ceiling, the **plaster comes down**. I wish we had a downstairs toilet..."

"Caring for the elderly- **much stress** involved. **If there were more facilities...**" **"Many carers suffering from nervous exhaustion. NEEDS SHOULD BE RECOGNISED"** (BBC, 19/1/1994) ("**... it's worth a try...**")

GRUMPY = "Resents feeling useless..."

FUSSY = "My worse fault is being a perfectionist." "I expect **good** service." "I might be difficult but if the truth be known, **I need you** more than you need me." **"With your help, I think we can make it."**

"THE STAGGERING COST OF UPGRADING BUILDINGS to bring them up to the council's standard. Social Services budget cut. Homes **having to close**. A **betrayal** of **trust**- some homes donated to the old people, being **sold off** to raise **money**. Old people desperate- do not want to be moved. Typical case- no beds available elsewhere. **Transferred to Emergency accommodation**. Many **elderly, can't take much more**" (That's Life, BBC, February, 1994). **"The new policy is** to keep the elderly living in their current accommodation- to close old people's homes. **Private nursing homes going out of business**" (1994).

"An elderly pensioner, Mrs Hutchinson, was found dead in a **flat without gas, electricity, food or money, 8 months after** the Dept. of Health and 'Social Security' **failed** to send her giro-cheque. Camden council owed her £8,000..." (BBC, 3/5/1994).

"Many are **struggling on without support**. **'Care in the Community' is failing the elderly and their carers**. **Care needs** to be **tailored** to suit an **individuals needs...**" (BBC, 3/5/1994).

"... (the) council has **cut** hot meals... **their entitlement withdrawn**... Social Services was to wash its hands of these frail elderly people. (They) cancelled cleaning and shopping help. .. **People age 90 should be able to expect a little help, courtesy and support** from their social services..."

The disabled are also being **targeted**..." (Speech by: Anthony Steen, Conservative MP, House of Commons, 2/5/2000).

"Care Homes **forced into bankruptcy... by new rules and regulations...**" "We need a **better** system of **care homes** for the elderly. New proposals = Star rating. **5 stars will mean 5 star prices**. A good home these days already costs £500 a week! **Prices will go up astronomically!** Proposals wont come into effect for 3 - 5 years. We have to go slow to **get it right...**" (ITN, 21/11/2004).

"The bully boys don't care about us. We were a nice, happy family before they came telling us **we have to** move out...**They'll** be **old** one day and then **they'll** know what it **feels** like **to be old and disregarded...**"

("You'll appreciate it when you're older...")

"**YOU** might be **old, lonely, and unwanted** some day, with **no-one to look after you.**"

"Oh, **no. I'll never end up** like **that!** I am beautiful - look at **me!** **I'm a sex goddess**. They're in **such bad shape!**" (What got them into poor shape?)

"Did they get lazy?" "No dear. **They got tired.**" ("Ah! **You** might **well wonder** what **aged them** so..." "**... Decades** of worry dim the sparkle...")

("...it will give us the chance to look at ourselves...") **"That tired, haggard look... a grey, sparse mop..."** ("Nothing stays looking good forever?") **"If they could just come up with a cure for premature grey hair, I'd welcome it!"** **Going grey these days** for many people begins when they are **15!** **"Inherited decrepitanacy** is something we **ALL** suffer from." ("Grey roots...")

"LOST YOUTH, VITALITY, TONE, THEN MIND" = Dementia. You see yourself ageing and... **FREAK!** **You fail to correct symptoms**- you go potty- **you mentally** give up- **think you've lost it...** and **lose the will to live...**

"Dementia = "She couldn't find her way home..." "Now I've forgotten for what **I** came here for. Don't worry... it'll come to me..." "I've forgotten what I was going to say. Oh, **it can't be anything important...**"

"Alzheimer's is not a sign of ageing. Usually caused by an incident / damage..." "There is no hope of a break-through" (re: Alzheimer's 5/7/1993) **"CURE = How to stop brain cells dying? How to cause regeneration? Scientists are working on a magic pill"** (22/12/2004) (**UPDATE: "Fruit** / drinks helps to prevent Alzheimer's" August, 2006).

LONGEVITY = How long could people live for?

Moses: "... His eyes had not grown dim, his vital strength had not fled..." (when he died **age 120**). "Moses brother, Aaron, was **123** when he died..."

Living on fresh air, a diet of fresh goat's milk / cheese... his skin **weathered** (dried, wrinkled... lacking hydration i.e. water) **but his form was as strong and sprightly as... an old goat!** "You are what you eat..." **A HEALTHY DIET = "... it's vital..."**

"The oldest person in Britain is 115..."

"LIFE IS TOO SHORT. Old age: Should we fight it? **How to end** the cycle of **destruction and death?**

The study of ageing. Large centre in USA has discovered a calorie-restricted **diet** slows the ageing clock... *The secret of life extension*. People are living longer. The projected **costs for looking after our elderly** are **set to triple** throughout the world. **An enormous strain** on our health-care system. Ageing is almost a disease. **The heart dwells amongst ruins**. People only see the downside of ageing. Spectacular medical advances. **Chronic degeneration** of the brain- **11 million sufferers** in the USA & northern Europe. **There's no cure?** It's a gradual thing. 'Life' is **cruel, so hard**. Now she can't read or write, can't remember her own name. **If it's**

Humanely possible, do it, for my wife. It will need an awful lot of persuasion. It's a response to undo the negative, the unkind. Wiping out disease. Let's do it. It's time to shift the emphasis to the QUALITY OF LIFE. Live long, but not old. Health costs out of control. \$600 million devoted to ageing research. Will increase to \$1 Billion. The cosmetics industry spends £BILLIONS on research. We can re-build muscles - using silicone implants = It's becoming apparent - we can change = Molecular Genetics..."

(re: the almost brain dead... aren't we missing something rather obvious here? Before examining the potential for Genetically Modified Rich 'Human' Beings - how about helping us to survive in better living conditions first, so the toll on our bodies and minds is not so detrimental?)

"... No technique we cannot envisage. The biological time clock. Fantasy is becoming reality. The feeling of new life will not turn off. No pattern of death. One gene causes old age. Not hopelessly complex. Not a wear and tear phenomenon. We are potentially immortal, through repair..." (note: the contradiction).

"We have the power within us to heal, to renew, to regenerate. We are at the point where electronic technology was when we learned how to make machines. Now, the genetic switch... it's just a question of engineering = Drugs available to the public next 5 - 15 years. Will drugs add to years of dependency? That may be the case. But we can expand the life-span..." (What if drug supply stops? Rapid ageing? A nightmarish ghoulish vision. UGH!) ("Wanting to survive is a key to longevity.")

"... it's a new frontier. We don't know where it will lead... The consequences of preventing ageing - finding 'the fountain of youth.' Vastly increasing the population... "

(How will we cope? ½ the population do not have anywhere to live...)

"... Should 'Heaven' be made to wait? Or should we live for the day? Old men clinging to life. Nature clears the way for the next generation. We could destroy the natural cycle...I see no limitation to how long we could live. ½ of us could live for 100,000 years- the other ½ would be killed in accidents..." (!)

"... The probability is that we could achieve it. How to convey the thought. No phrase is grand enough. Keep this generation alive - not allow any new blood, new talent? Pushed by vanity and foibles. Do you want to be there? We could keep babies, as babies, never allow them to grow up. A contented family does not need immortality. We shouldn't stand in the way of the young. It would be too much" (Viewpoint, 1992) (Ah! You are looking for REJUVENATION... Do you need something

refreshing?)

"What can be done about it? Within the next 30 years, Scientists predict we could live to be 200 - 400 years old. After 30 years - genes no longer repair the body (hence ageing). Body under attack from oxygen (!?) Best way to combat? Eat your green vegetables and plenty of fresh fruit!" (19/5/1993) ("Weightlessness slows ageing...") (see: Anti-Gravity: Chapter 16) ("... it will roll off the years...")

"A genetic scientist at Cambridge believes in 10 years time we will be able to prolong life to 1,000 years..." (November, 2004) (Why not forever?)

"All the 'plastic' surgery - people putting silicone inside their bodies so they can all have model looks, removing their individuality.

CRYOGENICS: Freezing your bodily remains hoping for a superior quality defrost, when medical science has learnt how to bring the dead back to life. "Should appeal to very wealthy wrinklies who want to be zombies."

UK: 1991: "9.1 million old people." Estimated: 2031: "14 million old people." (Old = over 55 years) (i.e. less than ½ way through your life).

"Population of over-65 years will be doubled by 2050. We have a falling birth-rate..."

THE IDEAL FUTURE? You are healthy, not sick (ideally). You are never hungry, never cold, or too hot, safe from the day you are born, nothing goes wrong. A Grand world - truly. Most perfect...

"There's only one possible flaw- we've nothing left to complain about!" "What will have left to resolve?" "People love a good moan." "If we so much as step in a puddle, we moan!"

THE IDLE RICH: "We keep traditions alive." "When I want something I usually get it."

PREOCCUPIED: "HOW CAN WE KEEP OUR ROOF OVER OUR HEADS?" "Darling, how can we stay here? The old roof is 500 years old. It's going to cost many £millions to get a new roof. The public are coming in again today for a guided tour. We can't look after this ramshackle place! The house is falling to bits! It's the damp that really gets to me... It's called down-sizing - moving from a big old house, into something more practical. We could get somewhere with a vegetable patch..."

"16 million people have very little control over their pension funds..." (1/10/1993).

EMBEZZLEMENT (means: "Using other people's money as your own.")

"PENSION FUNDS = £600 BILLION OF OTHER PEOPLE'S MONEY. Who is minding the managers? Vulnerable to raids by trustees, who are paid to make profitable and SAFE investments. Enriching themselves.

Misappropriating funds, fraud, unethical, dubious practices going on... (see: Chapter 12 Finance: The City). Large blocks of shares at inflated

prices- these drop off = **Crash**. People lose money essentially. Investigating journalist's lives put under threat. **Misleading** reporting. **Trail of inappropriate investments**. Low profits. £millions in the Bank. Holdings. Asset base. To speculate. Long term investors. **Highly risky**. Overvalued investments. **Is this prudent? Not accountable! Gambling**. Some pensions guaranteed by government. Not steering clear of total speculation. Funds need income - are managed by specialist / expert institutions. **Aggressive tactics**. Shrewd? Professional? Constrained? **Too much power**. Poor performing companies. **Helping their own families- using their connections-** managers have **big expense accounts**, and conflicts of interest. Careers unaffected. If no-one will speak, **no investigation**. **Costly resulting investigations ignored... They have huge amounts of venture money to spend**. The power to decide which companies survive. Web of **debts**. Protected funds? If pension manager **unprincipled... Fraud** hard to prevent. **Time to get tough**. Malpractice rife. Temptation is very great" (Dispatches, Channel 4, 3/11/1993) ("The Stock Exchange crashed..." 5/11/1993).

"Don't **you mind them spending your savings** in this sort of **meaningless** gesture?" "Yeh. **What have they** invested in with **your** cash? **Find Out!**"

"**SCAREY** not **knowing** what the future holds... **Banks could go belly up** faced with **huge losses**. A(nother) (terrorist) attack on major financial institutions... the **Global system...** property portfolios in **serious risk...a domino effect of bankruptcies...** **A prolonged cold snap...** **Unpredictable extreme Weather = Loss of profits...**"

"**Many firms do go bust.**" "Sorry to hear your pension company **crashed**. Didn't you know they were going to **the wall?**" ("**Willpower is better.**")

"**Work all your life, contribute to a pension- die before retirement age.** What happens to all this money? If you are alone in the world, with no relatives who care for you..."

"... **pension was stopped** because Mr. Spong failed to pay back a **crisis loan** of £31 following the theft of his pension book. 8 weeks later, with **no food or electricity**, **he** died and lay undiscovered for 2 weeks. **Appalling!** It seems we have **one rule for those who can help themselves who have everything going... and another rule for those who cannot help themselves at all. What sort of society do we live in** that **allows** an old man to starve to death? Someone must have known they had stopped his only income and so condemned him to death" (Today, 15/1/1993).

"**BATTLE TO LIVE ON STATE PENSION: More than 80,000 couples** 'live' on state pensions. **1,867,000** single **old people** on pensions also **struggle to pay weekly bills...** Age Concern said: 'It is clear state pensions are **not enough to keep**

people in the basics of life. The government is condemned because of their own figures.' The reality of not having enough money is that people run out of savings, then **cut** down on heating, food and clothes" (re: The Official Spending Report, 1/12/1993).

"**By 2010, there will be more pensioners than workers...** since workers fund pensioners it is hardly surprising that **taxes will have to go up.** **When more than ½ the population is over 60, NHS costs will double. We shall have to endure taxation of 50 - 60%"** (currently the ordinary person in the UK loses 25% of their income on Tax & National health Insurance) (27/1/1994).

THE PENSION SHORT-FALL: "There is a **£57 Billion** short-fall in UK pensions- that means not enough provision for pensioners. Reform due. **Crisis looming. FACING AN IMPOVERISHED FUTURE:** The real problems are at bottom to middle income brackets. **Likely to affect 9 - 12 million people.** Government wont have enough money to pay these people much money."

"**For most people, it has a very low priority...**" (it means: Saving money for their old-age). "**ARE YOU SAVING FOR it?**" (it = Old Age). (**Back to that CON-fusing 'it' word again.**) " **½ the workforce is not saving.**" "How can I save when I'm paying off my student's loan? I'd rather save to buy a flat." "Is saving **money REALLY WORTH it?**" "**It's such a big mystery.** How much will I get on my old age? **It's not clear. There's no guarantee...**"

"**Movement** of money flow out of savings is now a **flood.**"

"New move being considered is **compulsory payments to private** investment firms..." "No **country** is going to go for that!?" "The government are going to look at it that carefully following the next General election..."

EXPERTS: "There is **wide-spread CONFUSION...**" "There is **no magic thing** anyone can put on the table."

"**The Labour government said:** "The problems are not so much about now, but 15 - 20 years down the line. It is more important to do it right, than it is to do it quickly." "We need to design a settlement where people are properly catered for. It's a long term problem that needs to be properly resolved."

Q: "Is politics getting in the way of radical problems?" **A:** "**It is important to get fundamentals right.**" "**We have to get pensioners out of abject poverty.** Over next 20 years, **pensioners need support.**" "**We need to make amazing savings somewhere else** to pay pensions."

"People... will lose out if the retirement age is raised to 70 years..." **Their recommended 'solution' is: SPEND LESS, PAY MORE TAX, WORK LONGER...**" (re: The Pensions Commission report, October, 2004).

EXPERT: "Are fund **charges eating** your pension's

growth?"

"**11 million pensioners** want a big increase in pensions, **FREE** long term care and a discount on Council Tax..." (16/3/2005) ("Will they get it?")

"**Civil service strike** re: Raising the retirement age" (March 2005).

"**£42 BILLION A YEAR SPENT ON PENSIONS** and other health benefits... Our pension position is **UNSUSTAINABLE**. There used to be **22 people working** to pay the pension for 1 person. Now there are **only 2 people** working... The **plan to increase National Insurance contributions**, to invest these funds... to pay for those who cannot Afford to make pension contributions..." (Channel 4 re: '**Radical**' ideas before the General Election April 2005).

"A Report by Help the Aged found that **old people who die in hospital often endure their final days in dirty, noisy wards** where busy staff devote little attention to them. Older people have made a huge investment in the NHS which is **a perverse system denying those who have been paying for it the longest**" (The Times, 25/5/2005).

"**PROPOSAL:** Pensions will be started at the age of 67 to reduce the shortfall" (25/7/2005).

"**I do object to having to pay! I really do. Having to pay for everything is really dreadful.**"

"**CARE HOMES:** Investigations have revealed... **the reckless use of pills to silence old folk...** '**Action** on Elder Abuse' – their **goal is to make**

THE FUTURE?

"A longevity **pill** to slow down ageing. Life span 150 years. Very expensive treatments. Exploited by **private companies. The poor denied treatment.**"

CLONING: Producing an exact copy of yourself, to be kept hidden from view, **locked up and suffering**, or kept as morons, only for **their** body parts. **That's disgusting. Would YOU like to be the clone?**

("The professor who cloned Dolly the sheep, has applied for permission to produce a Human clone using donated women's eggs" 25/7/2005).

"**There is no Happy Land.** Government controls populations by plastic cards encoded with details of how many '**happy pills**' you need, to accompany your **shots to prolong your limbo. Punishments** = Withdrawal of shots + grading to assess how much **psycho**-analysis you need..."

social care better for people" (ITV news web-site 1/8/2005).

"**AID AXED TO OLD FOLK: Home-Helps are to stop helping** with shopping, cooking and cleaning or Home-Helps will be withdrawn, to save £3.4 million. Devon's budget for adult Social Services is £83 million. **Help The Aged** asked: 'How are they going to **manage** on their own?' **An MP asked: 'If 'Social Services' is not about doing this, what is it about?'**..." (Daily Mirror, 3/8/2005).

"Private, **empty HOMES of THE DECEASED may be SEIZED by bureaucrats** to be rented out to 'help' 'the Homeless.' J. Prescott's **scheme...**" (The Daily Press, 30/8/2005).

"Shareholders received massive dividend payments rather than the pension companies making up for the **massive shortfalls** in their investments" (August 2005).

PREDICTED: "**The next generation will not have it so good** with jobs for life and pensions..." (August 2006).

"I just wish your Mother was here to see it..." "It's too late for me. I just hope it's not too late for you."

"**My fear** is if I leave it too late, I'll be too old to **get it together**. I don't want to be too old for **it...**"

"Ah. If I could do it again..." (it means: My life). "... it weighs so heavily on your **soul...**"