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The Price of Freedom is Eternal Vigilance -

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THOUGHT FOR THE WEEK: In his prophetic B.B.C. broadcast, *The Causes of War*, C.H. Douglas, the author of Social Credit, stressed that military war was the logical extension of economic war. The famous German military philosopher Clausewitz said that military war was the extension of a policy by other means.

As Douglas said, there was no prospect of genuine international peace under a finance-economic orthodoxy, which insisted that nations could only be prosperous if they insisted upon exporting more than they imported; of “capturing” foreign markets. Douglas points out that “The use of the word ‘capture’ indicates the desire to take away from some other country, something with which it, being also without general employment, does not desire to part. This is endeavouring to impose your will upon an adversary”.

The story is told of a Japanese businessman, who had as a young soldier been engaged in the bloody military battles to Australia's north, but was now engaged in one of the numerous Japanese takeovers of Australian industries, observing that “This is a much more pleasant way of taking over a nation than risking death in tropical jungles”. Under the philosophy known as “economic rationalism” Australia has been openly disarming itself economically for the past quarter of a century. Both Labor and non-Labor Governments have been responsible for what, in more robust days, would have been described as treachery. If the process is allowed to continue, Australians will finish up with not even enough economic capacity to manufacture bows and arrows with which to defend themselves...”
Eric D. Butler, 1999

MILITARY WAR AND/OR ECONOMIC WAR – TAKE YOUR PICK!

First Chinese Train Arrives in Tehran to Revive Silk Road

ABC News (America) reports: Iran's state TV says the first Chinese commercial train has arrived in Tehran to revive the Silk Road - an ancient network of trade routes running through Asia.

Monday's report quotes Mohsen Pourseyed Aghaie, Iran's deputy transport minister, as saying a 12-container train arrived in Tehran after a 14-day journey from eastern China. Aghaie says the railway saves transit time compared to the sea route from Shanghai to Iranian ports. He says Iran plans to extend the route to Europe.

Iran's President Hassan Rouhani has said his country will continue its close ties with the East despite deals his country has with western nations like France and Italy.

China is Iran's biggest trade partner and continued purchasing oil from Iran after nuclear-related sanctions were tightened in 2012, despite U.S. pressure.

ABC News (Australia) reports: The Silk Road is an ancient network of commercial land and sea routes, named for the lucrative Chinese silk trade, that were central to business across the Asian continent connecting China to the Mediterranean Sea. The train's journey was 30 days shorter than the sea voyage from Shanghai to the Iranian port of Bandar Abbas, according to Mr Aqayi. According to Iranian media, more than a third of Iran's foreign trade is with China, which is Tehran's top customer for oil exports.

Chinese President Xi Jinping and Iranian President Hassan Rouhani agreed last month to build economic ties worth up to \$US600 billion (\$840 billion) within the next 10 years. It came during a visit to Iran by Mr Xi, the first by a Chinese president in 14 years, and just days after sanctions against Tehran were lifted under a historic nuclear deal with world powers.

Mr Xi's signature foreign policy initiative known as “One Belt One Road” is touted as a revival of ancient Silk Road trade routes.

TIME TO CALL THE BANK'S BLUFF by Wallace Klink

It is time to call the banks' bluff by telling the Premier (*Canada PM - ed*) and his associates that while it is desirable that society be enabled to do anything of which it is physically possible and desires, the process incurs costs which must be liquidated by consumers. Inasmuch as consumers under existing financial conventions are provided increasingly insufficient effective purchasing-power the latter must be augmented sufficiently by increased income and falling prices so that they are enabled to perform this essential function. There should be no need for consumer, or public, debt. During an earlier era when capital played a lesser role relative to labour, and production was less abundant, consumer debt was less necessary. How can an immeasurably physically wealthy nation be bankrupt? Only by deceptive legerdemain—by faulty and dishonest financial accountancy.

We will solve nothing by “running to the hills.” The situation will be rectified only when we:

(1) acquire the knowledge required to understand what is happening and what must be done to fix it and

(2) let the politicians of all stripes know that we are no longer flummoxed by this sleight of legalized counterfeiting, that we demand they have it ended and that their careers will be ended if they fail to do so.

We still have the sanction of the vote but it is less than useless if we do not learn how intelligently to employ it to demand what we want. We don't solve anything by

THE RISE OF TECHNOLOGY

It was Klaus Schwab at the recent Davos World Economic Forum who spoke on *The Fourth Industrial Revolution: What It Means and How to Respond* and noted:

“... In the future, technological innovation will also lead to a supply-side miracle, with long-term gains in efficiency and productivity. Transportation and communication costs will drop, logistics and global supply chains will become more effective, and the cost of trade will diminish, all of which will open new markets and drive economic growth.

At the same time, as the economists Erik Brynjolfsson and Andrew McAfee have pointed out, the revolution could yield greater inequality, particularly in its potential to disrupt labour markets. As automation substitutes for labour across the entire economy, the net displacement of workers by machines might exacerbate the gap between returns to capital and returns to labour. On the other hand, it is also possible that the displacement of workers by technology will, in aggregate, result in a net increase in safe and rewarding jobs.

We cannot foresee at this point which scenario is likely to emerge, and history suggests that the outcome is

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regularly changing personalities at the electoral polls. We need changes in policy. People have to become motivated but this is unlikely to happen if they are not aware of the nature of the problem, or even that there is a problem, which most people do not understand. Education is the essential prerequisite to constructive action. Fear or attempted flight will avail nothing. Measured by increased debt, and bankruptcies, “economic” collapse is always occurring. It is just staved off by incurring more debt and periodically dispossessing those who cannot service it. The difference is between a free and leisured society and one which is increasingly subjugated by State intervention and enslavement to eternal “work”—which is increasingly irrelevant and evermore destructive.

We can utilize technology to provide a growing level of immanent sovereignty or we can permit it to enslave us to centralized external direction. We have absolutely the choice. All we have to do is specify and demand the results we want. People are paralysed by lack of knowledge and unable effectively and intelligently to make legitimate and practical demands. The media and educational systems perpetuate the myths upon which the Establishment depends to pursue its relentless policy of power centralization. We have to do an “end run” around the prevailing Establishment. “Consumers of the world, Unite!” Heaven awaits! We have an overwhelming majority!

Social Credit Correspondence Course via all League Offices

likely to be some combination of the two. However, I am convinced of one thing—that in the future, talent, more than capital, will represent the critical factor of production. This will give rise to a job market increasingly segregated into “low-skill/low-pay” and “high-skill/high-pay” segments, which in turn will lead to an increase in social tensions.

In addition to being a key economic concern, inequality represents the greatest societal concern associated with the Fourth Industrial Revolution. The largest beneficiaries of innovation tend to be the providers of intellectual and physical capital - the innovators, shareholders, and investors - which explains the rising gap in wealth between those dependent on capital versus labour.

Technology is therefore one of the main reasons why incomes have stagnated, or even decreased, for a majority of the population in high-income countries: the demand for highly skilled workers has increased while the demand for workers with less education and lower skills has decreased. The result is a job market with a strong demand at the high and low ends, but a hollowing out of the middle...”

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But it is not the Western countries that are being built up. It would seem the 'Money Power' that gained such ascendancy in London all those years ago, then moved its central headquarters to America, has decided the future prosperity is to be found in China?

RUDOLF EUCKEN ON THE TRUTH OF RELIGION by Chris Knight

Introduction: *These works, that have been only briefly reviewed, give us a glimpse of high intellectuals at work in the service of God; unfortunately today we see mainly the negative works of our intellectuals.*

Thus, it is good that the old philosophy and theology books are being republished, having long been removed from the library shelves.

Those seeking some "light" reading – heavy books that generate the light of ideas – should consider reading the works of German idealist philosopher Rudolf Christoph Eucken (1846-1926), winner of the 1908 Nobel Prize for Literature, which, according to the Nobel Prize nomination, was "in recognition of his earnest search for truth, his penetrating power of thought, his wide range of vision, and the warmth and strength in presentation with which in his numerous works he has vindicated and developed an idealistic philosophy of life."

Eucken is best known for his development of the idea of "ethical activism", a practical idealism which eschewed mere intellectualism and applied religious idealism to the real needs of society. In doing so, man would attempt to transcend mere materiality and aspire to a spiritual life. Thus in his books "*The Problem of Human Life*," (1909) and "*The meaning and value of Life*," (1908) he outlined how this transcendence could be accomplished:

"It seems as if man could never escape from himself, and yet, when shut into the monotony of his own sphere, he is overwhelmed with a sense of emptiness. The only remedy here is radically to alter the conception of man himself, to distinguish within him the narrower and the larger life, the life that is straitened and finite and can never transcend itself, and an infinite life through which he enjoys communion with the immensity and the truth of the universe. Can man rise to this spiritual level? On the possibility of his doing so rests all our hope of supplying any meaning or value to life."

The Truth of Religion (1911) develops Eucken's philosophy of Christianity, which he sees as the greatest manifestation of the "Divine Life" known to man. But there is a very long and complex argument about the nature of the Spiritual Life, the meaning and purpose of religion and man in the cosmos and the effects of natural science on undermining a spiritual/idealist view of the world. Eucken was well aware that the 19th and

Pity the poor western worker – he needs two incomes to now support the family home and upkeep 'if he has one'. How will he cope when his wage is further lowered in order to compete with the lowly paid Asian worker? ***

20th centuries were the ages of uncertainty and despair because of science's (especially Darwinian) evolutionary questioning of truths that had been accepted for hundreds of years.

However: "We need only trace back a little the threads of creativeness in art and in the mental constructions regarding the universe, in morality and the formation of communities, in order to recognise everywhere the connection of all this with the effects and sway of religion. Therefore, the alleged illusory character of religion extends itself over the whole of the Spiritual Life; and if we follow this path, it will lead us to the same conclusion as previously - to an entire bankruptcy of human capacity and to the extinction of any hope of help from truth. Out of all the attempted obscuring of the problem the unmerciful Either-Or steps ever forward.

Either man is nothing more than mere man – a ready-made kind of nature; and then certainly religion falls to the ground, but at the same time there falls each and every truth – even scientific truth, for to truth belongs necessarily a validity beyond human opinion and vacillation, Or there is implanted in man more than an isolated, completed nature, and he is able to take up a struggle against the petty-human self; and then religion refuses from the very outset to be considered a mere phantom, and it compels us to seek in it the element of truth." (p.388)

The elements of truth found in religion, but at a peak in Christianity include "cosmic depth", a wide view of the nature of the cosmos, its origin and destiny as well as "the moral elevation of human nature". Christianity as a religion of redemption, unlike the religions of laws and codes, excels in this, for unlike the Indian religions which see the "unreal" world as evil, Christianity whilst recognising the reality of evil through original sin, does see the world as primarily good, the manifestation of the Logos, "an unfathomable depth and ... an immeasurable hope."

Christianity can thus be seen as a "religion of religions," a "universal religion" which more adequately confronts the contradictions in human life than other religions, such as the spiritual weakness of man, the lack of strength to pursue something beyond himself, even though having the seed within of an "aspiration after infinity" (p.261) as well as an aspiration after freedom, equality, greatness, individuality and fellowship. (p.273) (continued on next page)

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Christian love offers hope for the “darkness of the human situation” (p.325) because of all the religions, it sees the limitations of human capabilities and the need for a redeeming God. Buddhism tells us to seek Enlightenment by looking within ourselves, but this is not enough, for “upon Christian ground life ever anew ascends beyond itself.” (p.541)

Most importantly: “What constitutes the decisive characteristic of Christianity is the fact that it roots the whole world in freedom, and it refuses altogether the reducing of the Spiritual Life to a natural or mental process.” (p.543)

Hence: “Christianity is the most ultra-rational of all religions, because it is the richest and deepest of them all.” (p.544) William Tudor Jones in his “*An Interpretation of Rudolf Eucken’s Philosophy*” (1912) makes the important observation that it is only through

WILLIAM TUDOR JONES IN “THE SPIRITUAL ASCENT OF MAN (1917) by Chris Knight

Following much the same spiritual path as Rudolf Eucken, William Tudor Jones defends the spiritual life from the ravages of materialist, naturalist science: “Every man, however much he would deprecate the charge of being a philosopher, has felt that there must be meaning in the universe: that is, there must be mind, or else it would be a universe of chaos.”

“That life cannot be reduced to matter, that the body must be a means to the development of the soul, that the so-called conflict of religion and science can only be a transient phase, that, ... (this) world, with all that lies within it, is a ‘spiritual world’, that the conception of a God is something to which thought and life lead up as a fact.”

Human life, W. Tudor Jones says, is empty with “anything less than the satisfaction of the deepest needs of his being” (p.162), which requires passing into the realm of the spiritual. Only then can contradictions of human life be resolved, a point made by an earlier absolute idealist philosopher, F.H. Bradley in works such as “*Appearance and Reality*”. Like Bradley, W. Tudor Jones also sees the

LOVE IS WILLING THE OBJECTIVE GOOD OF THE OTHER

“**Personalists** have...perceived that the only proper or adequate response to the person, i.e., the only way of fully treating people as people, is through the gift of love. **‘Love is willing the objective good of the other.’**

If this is so, then it follows that the economic gift, the something for nothing, is necessary if persons are to be treated on the economic plane with the dignity that is their due. Social Credit and Social Credit alone seeks to make the economic gift a real feature of our social

the “Spiritual Substance” of Christianity that “the world (will) find its peace and power; here will all social complexities be solved; here will the meanings and blessings of the spiritual over-world of goodness and love become the possession of man.” (p.187)

Social problems thus need to be dealt with in the “Light of Infinite Love,” for without “an experience of this deepest source of Christianity, we do not possess the equipment for doing anything more than patching and re-patching the evils of the world. And all our patching, when but a small span of time has passed away, will leave the situation just as it was, or probably worse. Every solution will give birth to a new complexity; the world may be incessantly active in connection with the betterment of the social situation, but we shall never heal the wounds of individuals and nations until they are brought to the depth of the spiritual life revealed in Christianity as Eternal Love.” (pp. 187-188) ***

presence of the moral Ought as “an ever-growing reality” and indeed, “the most fundamental and far-reaching fact in human life,” because it is value, morality and the Ought which leads man to aspire to the Spiritual.” The Ought is present as idea and ideal in his consciousness, but it may be so without the individual actually being what he knows. And, indeed, what enters into his personality or self, can never do more than approximate towards the trans-subjective ideal which is present in consciousness. And... he is led to the conception of the Infinity of the Ought and to its background – God. (pp.221-222)

Finally, recognition of the Ought can lead one to the nucleus of Christianity: “The essence of the nucleus is the eternal fact revealed in the life of the Founder – the union of the Divine and the Human. This message of Christianity, exemplified in the life and death of the Founder, is the final solution to the riddle of the universe and of life. There is no possibility of saying anything further on the subject.” (p.229) ***

arrangements. The National Dividend in conjunction with the Consumer Discount would, in the words of *Mounier*: ‘Enable every individual to live as a person, that is, to exercise a maximum of initiative, responsibility, and spiritual life’. They would provide each citizen with economic security, independence, freedom, and, perhaps most importantly, with the opportunity for leisure. It is for this reason that Social Credit should be of great interest to **personalist thinkers.**” - *MO Heydorn*

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OUR FIRST ABORIGINAL PRIME MINISTER WILL SPEAK LIKE THIS

from Andrew Bolt's Blog

Our first Prime Minister with Aboriginal ancestry will not be Stan Grant or anyone like him. Every time Grant refers to "my people" he alienates the Australians he excludes on the grounds of race and who should be "his" people, too. He creates a division and sets up the politics of grievance and victimhood that will get us nowhere good, and which is contradicted by his own great success.

No, our first Prime Minister with Aboriginal ancestry will be someone who speaks like LNP Senator Jo Lindgren, the grand niece of Senator Neville Bonner, who was the first Indigenous Australian to become a member of the Parliament of Australia.

Lindgren last night gave a stirring speech in the Senate in which she opposed racial division, attacked the new segregation and insisted on the right of Australians to debate such important things without fear of smears and legal action.

This message must be our future, and one day someone preaching it will be Prime Minister:

Senator Jo Lindgren:

In 1964 and 1965, Charlie Perkins and students from the University of Sydney organised a series of freedom rides inspired by the American freedom rides to end segregation. Segregation of Aboriginals from other Australians included divided movie theatres, bans at some swimming pools and Indigenous ex-service personnel being unable to enter some RSLs—the list goes on. Today, Australians would be horrified if those restrictions were reintroduced, yet over 50 years after the freedom rides we see segregation of another form. We still see races being kept apart for so-called do-gooder reasons supported by intellectual elites.

To those who support this new form of segregation, I support your right to speak about it but I do not support any kind of segregation whether it is at university, in classrooms or in any other forum, for that matter, and nor do I support the constant hiding behind section 18C of the Racial Discrimination Act and the constant use of racist tags against those who oppose your ideals...

Some universities appear to be now promoting segregation albeit for different reasons. When I attended university I identified as an Aboriginal and I was proud to do so. I sought no special treatment from my university. I used the same library, the same computers and the same lecture theatres...

Yes, there was an Indigenous unit at the university that I accessed, but my non-Indigenous friends were also welcome there... The Aboriginal unit was inclusive and

supportive of all of those who sought its assistance. I ask: how do we break down racial barriers when some modern institutes are keeping people apart? ...

Imagine the surprise of a young man who went into a computer room only to find out that it was segregated and now finds himself embroiled in a legal saga because he voiced his opinion. I have to ask the question: if computers were not being used, why couldn't any student wander in and use them? How do Indigenous and non-Indigenous students form study groups and potential friendship groups when sitting apart? How do we build on the great work of those who have paved the way to end segregation? ...

Today, many younger and new Australians may see these Indigenous support systems as contentious or difficult to understand. We will not change that understanding if we keep people apart and stifle debate, and that is what the current wording and use of section 18C of the Racial Discrimination Act does. We will create battle lines when people do not have the opportunity to debate freely and feel that they have valid grounds to complain.

It is now the case that some universities ... wish to continue to believe that Indigenous people lack the skills and intellect to manage university life without their benevolence. One of the consequences of this excessive paternalism is that it can and does devalue the achievements of Indigenous people. I know this first hand. I earned my degree like many other students by study, part-time employment and sacrifice, yet I have heard it being referred to as a 'tick-in-the-box degree'...

For those who harbour internal guilt due to past injustices or those who think they are doing good, let me say this: you are creating division and resentment. The gaining of my degree, my appointment to the Senate, did not remove any past injustices to my forebears and it never will... What it did prove was that Aboriginal Australians are more capable of taking their place in all parts of Australian society.

We need to remember that most Australians of today are not responsible for the past... I back realistic, proactive support for Indigenous students but not enforced segregation, and I scorn the constant hiding behind section 18C of the Racial Discrimination Act with chants of racism.

(Thanks to readers Justin and Jessica.)

SENATE CHANGES - A SNEAKY TRICK TO MUZZLE THE PEOPLE

Federal Member Bob Katter today rallied against changes to the voting system in the Senate as the Commonwealth Electoral Amendment Bill 2016 was debated in Parliament, saying it was a sneaky trick to ensure the major parties have all of the say.

The Bill was introduced into the Lower House on Monday, with the Government making no secret it is designed to reduce the number of minor parties in the Senate. The Bill reportedly has the support of the Greens and Senator Nick Xenophon.

“Everyone knows the major parties are controlled by the party machine, which is controlled by the major corporations,” Mr Katter said.

“The majority of the money coming into the ALP comes from big corporations, and that is even more true of the Liberal Party and their lapdogs the National Party.

“But what you’re watching here is the muzzling of the people.

LIBERAL/GREENS/XENOPHON RUSH TO RAISE VOTING DRAWBRIDGE

Senator Bob Day has this morning declared that he will move to amend the government’s radical new (*Senate-ed*) voting bill to formalising terms of the Liberal/Greens/Xenophon union, to ensure the new voting changes cannot take effect for an election for 6 months.

“I’ll move for a 6 month delay on these radical changes coming through, for three reasons:

1. I’m on the Murray Darling Basin Inquiry and that has run for 8 months and held hearings all over the Basin. Yet here we have the biggest voting changes in over 30 years and there will be a 1 week inquiry – 1 week!

2. the Government says the AEC will need 3 months to implement the changes. Are the AEC being pressured into a rush? Will there be a mass public education campaign to reach every voter in the nation and minimise informal voting?

3. the constitutional implications have not been thoroughly investigated. These need sorting out, and that won’t take 3 months.

DOUBLE DISSOLUTION A WASTE OF TAXPAYERS’ MONEY

Queensland Senator Glenn Lazarus said today the Turnbull Government’s threats to undertake a ‘Double Dissolution’ (Double D) are an insult to the people of Australia.

“Clearly, Malcolm Turnbull is in panic mode and is threatening to undertake an urgent Double D because his popularity is quickly waning,” said Senator Lazarus.

“Despite already having promised to run the

“We are nearly the only country on earth that has the two-party system – but over 10% of the population do not want to vote for the mainstream parties, they are disenfranchised.

“I think people like Dio Wang, John Madigan, Glenn Lazarus, Ricky Muir and Jacqui Lambie are outstanding examples of independents and small parties who make a very valuable contribution.

“They vote, in my opinion, infinitely more intelligently than those in the mainstream major parties who have destroyed our economy with their fanatical free-marketism.

“They represent the people, the rest represent the ALP and LNP corporations.

“But they depend upon that 10% of the vote to get elected and it will now be removed – so over the next 10 years they too will be removed.

“And we will just have the two major parties and their lapdogs left – the Greens and the Nick Xenophons,” Mr Katter said.

“I have no fears facing an election of any kind. I was on the front page of *The Australian* on 1 January calling for a double dissolution election. However, with radical changes like this, there can not be a double dissolution on these terms.

That will be the effect of my amendment: the radical new rules, if pushed through the Senate, can only come into force for a half-senate election from August onwards.”

Senator Day confirmed he would also look to abstain from voting on – or oppose – most government legislation. Previously, he has the highest pro-government voting record on the crossbench.

“For two years I have voted on principle in this place and have treated every piece of legislation on its merits. On Monday the government threw principle out the window. They served me with the proverbial death warrant. So my attitude and approach to legislation now has to be coloured by that.”

Government to full term, it is clear the Turnbull Government is intending to break this promise...

“Unfortunately because the Turnbull Government has done a dirty deal with the Greens to reform Senate voting to the point where they will own the Senate, the crossbench will no longer have the numbers to block these evil policies. “The people of Australia are going to lose out in every way for many years to come.

VACCINATION VIA CHEM-TRAILS - THIS ONE HAS IT ALL! - by Mrs Vera West

It is the ultimate "alternative lifestyle" nightmare: forcibly vaccinating people via Chem-Trails.

YourNewsWire.com, February 12, 2016 reports that the Australian office of the Gene Technology Regulator has approved a license application from PaxVax for the release of a genetically modified organism live bacteria vaccine via chem-trails. The vaccine is against cholera. There will be trial sites in Queensland, South Australia,

Victoria and Western Australia, but sadly not Canberra. Now it may be that the article is a hoax because it is not clear why a vaccine for cholera would be tested in a region without cholera. However there has been aerial spraying for the West Nile Virus, so maybe, even if false, this may indicate a possible future strategy. Who knows what is in the chem-trails that have become a regular part of the skies! ***

MORE ALARMING VACCINE NEWS by Mrs Vera West

Mike Adams at NaturalNews.com, February 21, 2016 has an alarming story: "American College of Paediatricians Warns about Toxic Effects of Gardasil Vaccine; Sounds Alarm Over Massive Scientific Fraud that Concealed Toxic Effects".

Adams says that Gardasil vaccines, according to the American College of Paediatricians could be "associated with the very rare but serious condition of premature ovarian failure". And ovarian health was not tracked by the vaccine industry "safety" studies: "long-term ovarian function was not assessed in either the original rat safety studies or in the human vaccine trials".

Toxic vaccine effects alone arise from chemical adjuvants

in vaccines such as aluminum and polysorbate 80, added to produce an inflammatory response, but which in some children can result in extreme neurological inflammatory responses and permanent damage. Adams notes that Gardasil trials involved putting aluminum and polysorbate 80 into the placebo injections as well so that "both the placebo group and the treatment group experienced the same number of toxic side effects". From this cancelling out effect, it was inferred that Gardasil was safe causing "no increase in adverse effects". Adams has documented many cases of scientific fraud committed by the vaccine industry and injuries resulting in what he calls "a modern-day medical Holocaust". His terminology. ***

A BERRY A DAY KEEPS THE WEIGHT AWAY by Brian Simpson

M.L. Bertoia (et al.), "Dietary Flavonoid Intake and Weight Maintenance: Three Prospective Cohorts of 124,086 US Men and Women Followed for Up to 24 Years", *British Medical Journal* (2016), looked at the consumption of flavonoids and weight loss.

Flavonoids are bioactive components of fruits and vegetables, and typically are responsible for the bright and distinct colours of fruit and vegetables, other than green. This study showed from a sample of 124,000 middle-aged and older people that flavonoid-rich foods helped to prevent weight gain.

While people aged between 18 and 49 gained from one-half to one kg of weight every year, those in the sample with a flavonoid-rich diet gained 0.16 to 0.23 fewer kilos every four years.

The flavonoids in berries, anthocyanin showed the best results. The foods are also anti-cancer and anti-inflammatory.

All of this can be read against "news" of a new low carbohydrate, high-protein, high unsaturated fat diet, aimed to attack diabetes, lose weight and improve blood cholesterol. The South Australian study involved over 100 people from the CSIRO, University of Adelaide, Flinders University and University of South Australia funded by the NHMRC.

What is interesting is that the new diet reverses the old wisdom of dealing with diseases such as diabetes with
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a low-fat, high-carbohydrate diet. Their diet thus cuts out the breads and grains and even all fruit because of fructose. Well, as a compromise there still is a little low carb grain permitted such as some crispbreads.

"Who Called the Cook a Bastard"
by Brig. C. Stanton Hicks - a personal account of a
one man campaign to improve the feeding of the
soldier - \$13.00 posted to anywhere in Australia
from PO Box 27 Happy Valley SA 5159

I am not qualified to comment on how the British Medical Journal study interacts with the CSIRO one. Would the benefits of berries outweigh the modest amount of fructose that one obtain? Surely though for people without diabetes this sort of basic diet is the answer to the middle age spread. And milk, even low-fat, as part of their diet has sugar lactose.

Further, let us note the relevance of diet and the diabetes to multiculturalism. One of the big arguments of the multi-cult set has been that immigration of ethnics helped change the "boring" Anglo-Saxon diet of basic meat and veggies to grain-based pasta, rice and the like. But these ethnic foods are often high GI, resulting in blood sugar spikes and are terrible for dieting and diabetes control.

The Anglo-Saxon diet was the original Paleo diet and one which kept people healthy until the birth of the modern absurdities. ***

ACTION TARGETS:

“Knowledge is Power” was the title of a small pamphlet promoting a League training lecture. The title is likely to encourage a reader to increase his knowledge so he would subsequently have more power.

Such an idea needs clarification because the League (and the pamphlet) does not advocate power as witnessed among political parties, trade unions and banking cartels etc.

The power the League encourages is power to the individual so he may have more control over his own affairs.

Such decentralised power could flow to levels of government - so, for example, your Council could also make more of its own decisions rather than obey the dictates of State government. The same principle could apply to the States and Federal governments.

So what will become of the power gained by the individual? It will be like the electrical power supplied to a house.

It is **potential** power which will only be useful when the switch is moved to the ON position.

Readers of On Target already have the knowledge and they are aware of the declining political situation which will only be reversed if sufficient people exercise their power by requesting their MP's take corrective action. My plea is for every reader to move his switch to the ON position. Eric Butler used to remind his audience that the letter not written would influence nobody.

Write to support Sen Cory Bernardi (address Parliament House, Canberra. ACT 2600) for his article on political agendas in schools and encourage him for opposing the plan.

Nat Dir

VOTE OF THE CENTURY

As the British decide their future in the EU, it is timely to revisit the 1917 quotation by Trotsky, who was one of Lenin's henchmen.

“The federated republic of Europe- the United States of Europe - that is what must be. National autonomy no longer suffices. Economic evolution demands the abolition of national frontiers. Only a federated republic of Europe can give peace in the world..”

All forms of centralisation are anathema to individual freedom. Will the British people vote to regain their national identity?

Jennifer Grundy, Naracoorte

RESULTS FROM ACTION AND TARGETS

Your letters to MP's have helped deliver a change on the Safe Schools programme and the TPP.

Prime Minister Turnbull has called for a review of the Safe Schools programme after several coalition Members raised concerns in the Party room. Thankfully Senators Bernardi, Fawcett, Birmingham, O'Sullivan and Lindgren as well as Lower House members Nikolic and Christensen stood firmly opposing the programme. They would welcome your letter or email of appreciation.

Senator Nick Xenophon has concerns about aspects of the TPP; especially the ISDS clause allowing foreign corporations to sue our government for passing any law which impacts their profit. This affects our sovereignty. Other concerns include outlawing labelling of GMO products. The Senator also would like the TPP to be opened to an appropriate level of public scrutiny before final acceptance. Readers could encourage other Senators to demand such scrutiny.

Keep sending reports of action to Head Office.

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