



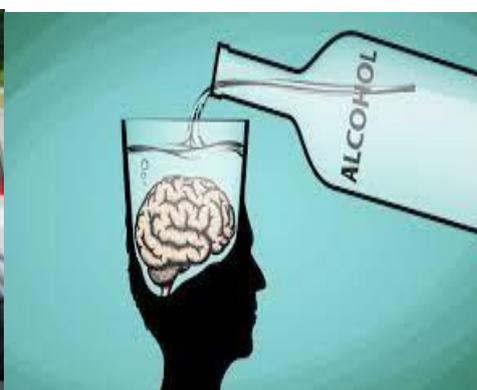
'I should have thought about it earlier'.



No discussion, just yelling.



Too late, damage is done!



Alcohol on the brain

# PREVENTION

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Hello everyone. I feel obliged to write about PREVENTION, as there are so many instances, where we could be better off, if we only had thought about the consequences earlier. The articles below, are just a few of our daily happenings, but there are more for sure.

I hope you read them and maybe you can take the necessary steps, to change your life by giving things a lot of thought. Prepare yourself, before something happens, or before you enter into the actual situation, be it a relationship, investment, or even a car-ride. Never be too hasty!

## PREVENTION.

Throughout the 48 years of treating people of all kinds of diseases (and now in my writings), I always reminded my patients and now readers, that prevention of accidents and sicknesses is something we have to consider very carefully all the time. (see cover page)

In today's world, the accent is on healing (treating really), but if we prevented ourselves from getting sick or injured, we would not have to be healed. This is of course in the field of our physical and mental health.

Prevention of being 'hurt' is needed in such things as:

1. Relationship; 2. Being drunk; 3. Wars; 4. Swimming pool accidents; 5. Joy rides in the entertaining parks; 6. Driving a car; 7. Being harassed; 8. Health; 9. Gambling; 10. Getting sunburnt; 11. Over-spending on 'THINGS'; 12. Buying property; 13. Waste; 14. Mental problems, etc.

Let me take them one at the time:

### **1. Relationships.** A relationship is a **very sacred bond** between people,



who individually will have to bend a LOT at times, to get on and be happy all the time, as we are different people with different ideas. There will be times, when we find it difficult to agree on a subject and in so many cases they will be followed by fights and abuses, which can be prevented, by discussing a

problem that may arise in a civil manner, instead of one partner taking the reins and abusing the other partner. This has always been a problem throughout human existence, but sensibly speaking, we should for the sake of peace and love, remember that you both have decided to live together at one stage, because of an attraction you had/have for one another. Talking together about a problem, may be difficult sometimes and if the 2 partners cannot come to a resolution between themselves, call in a mediator. That is sometimes refused by one of the partners, the dominant partner, which it is usually the man, in a man/woman relationship. He often feels that if he gets involved with a mediator, who will put him in his place, he has lost control. It is THAT CONTROL, what I am talking about. In a relationship there should NEVER be, a controller and both partners should be on equal grounds. A leading role may be set at times, by either one of the partners, which is normal and healthy. BOTH OF YOU must be ready to find a solution, otherwise it is futile even discussing the problem at all and it would be better to split up before things get out of hand, especially when there are children involved, who will suffer greatly. Think about these suggestions carefully, as you probably already have, but don't go on fighting. This is not something new as you know, so be strong and give a little, maybe a lot, to resolve the problem. It is so nice to be at peace.

In a marriage, we often make the promise to 'love each other, till death do us part'. That is the ideal situation and should be tried to be followed, BUT as I stated, we are two different people, who grow differently throughout our lives and for one partner to grow one way and for the other partner to grow another way is very normal. For this reason, we MAY expect that throughout our relationship, we WILL have differences of opinions and they will have to be addressed.

I have proven that, from dealing with some of my patients over the years. I have had to deal with quite a number of relationship problems and was able, in almost all cases, to get a positive result. It can be very difficult to solve a problem, when we are so stubborn, NOT to see the other partner's point of view. IF YOU HAVE A LOVING RELATIONSHIP, it is worth doing everything to rectify your differences and be happy again. Try hard for your sake as number one and for your partner's sake as number two. Wishing you a lot of love!

**2. Being drunk.** Prevention here is logically to drink less alcohol\*, so you won't get in this position. Things can get very difficult in your life at times and some

people will take to drinking alcohol or taking drugs, to cover the cause of their miserable state. Drinking alcohol however, is NOT going to fix the problem. It is only masking the problem. Often you make things worse, because you are going to get out of control even more, as you cannot think clearly and be reasonable. Alcohol\* IS affecting your brain and brain power. Being drunk and getting home, often causes more problems and we will find ourselves in the state of anger and become abusive as written above in #1. So many people get behind the wheel of their car and drive while under the influence, putting themselves and others in grave danger of being hurt or even get killed.

*\* There are many scientific papers proving that alcohol is a NO-NO. A typical user of alcohol, won't like what you read about alcohol, so you refuse to get the message, but it still is the truth. I have asked alcohol users to have an alcohol-free day on many occasions and the answer is always the same: "I have a right to have a drink if I feel like it", proving to me they could not abstain from alcohol for even one day and that means YOU ARE CLASSIFIED AS AN ALCOHOLIC.*



A lot of people get **caught driving under these conditions by the police** and finish up with a hefty fine and maybe even the loss of their licence, something you cannot afford, as the car is your life-line for work or other important things. Many people get angry at the police, because they don't think it is fair that they get

fined. Hey! You are drunk and the law states clearly that being over the limit is an offence. Here again PREVENTION IS THE KEY. Instead of going to the pub and get drunk AND THEN DRIVE, go home and have a drink, if that is what you think you need, but as I stated, alcohol is NOT fixing your problem. Here too, we should consider a good talk to someone, who can help you overcome your problem, without alcohol. There are organisations you can call such as 'AA, Alcohol Anonymous' on 1300222222. It is NO SHAME to call them and they are very willing to take you under their wings. The word "ANONYMOUS" is just that. Any interviews are totally private.

But prevent this from happening in the first place and all will be well.

**3.Wars.** As a young child, I always wondered why war-lords get thousands of soldiers under arms and fight another lot of soldiers, to achieve a win, usually for the gain of more land and wealth. So many people have died over the

centuries, just to fight for their Kings or rulers. I always maintained, that if a 'King' wanted more land, HE HIMSELF should challenge the other 'King' in a dual and the winner takes all, saving thousands of beautiful lives. Why do these cowards sit in their castles in great comfort, while the soldiers do the



fighting, so often under atrocious conditions? We could PREVENT so many *people* being killed, *property* being destroyed, *infrastructure* being ruined and *age-old artworks* being lost forever.

**4. Swimming pool accidents.** Even though there are quite a few laws in place, to safeguard children from drowning in back-yard swimming pools, there are still a lot of drownings happening. Drownings in the oceans, are still happening by both children and adults and I have seen parents taking their eyes off the children, playing on the beaches. THERE IS NEVER a moment you can do this. Children are quick and nimble and move very fast indeed.

The notices put out by the beach patrols, to 'SWIM BETWEEN THE FLAGS' are so very often ignored, especially by visitors from overseas it seems. The sea is a powerful playground and we must accept its strength. 1 Litre of water weighs 1 kilogram; 1 cubic metre weighs a ton and we cannot beat that sort of power.



I witnessed 3 little children playing in a hotel pool overseas and the parents were nowhere in sight. These children were just playing near the steps and as I was sitting there with a mate, we suddenly realised that **one of them was gone**. Noel dived in and found this little

one on the bottom of the pool. Fortunately, she was still alright as it happened ever so quickly. We went looking for the parents. They were having a nice time drinking and sunning themselves, away from the pool. As Noel carried the little one in his arms, and presented her to the

parents, they were not even too shocked and said a miserable “thank you”. Oh, we were so mad! This could have been deadly and certainly prevented of course, if the parents were keeping an eye out for the children close-by.

Then we have the silly people, who will go and either swim or do some fishing off rocks near the beach, which are slippery and constantly covered by waves. It MUST BE OBVIOUS that such a place is not safe to be and accidents are likely to happen. Think about this a lot and prevent yourself from being washed off these rocks as it could get you killed.

**5.Joy rides in entertainment parks.** I know, we all seem to look for a thrill at times, to get that adrenaline rush, to stimulate something within us. Whenever I enter into a situation like this, I always start thinking of the dangers involved, being in one of these rides. On one occasion, my family and I were in one of these parks and the children wanted a ride and expected me to go with them. The ride-controller asked me to take off my glasses, before going on the ride and I refused. I could not go, because without my glasses, I would get dizzy.

Over the years, there have been quite a few accidents from faulty equipment, causing death. I have always been very careful and have calculated the possibilities of such accidents happening and I don't need the adrenaline rush. People go bungy jumping. Ok, it is supposed to be safe and the bungy cords are adjusted for the individual who is about to jump. BUT, who has calculated what the person's health is like? I watched a TV show, where a couple were about to take a jump. At the last moment the wife did not want to jump and the husband insisted, that she jump with him. She was really upset a lot and was really crying. It even made me cry a little, to see her struggle with the idea of HAVING TO JUMP against her will. IS THIS RIGHT? Is it so important to satisfy the husband's wish, against his wife's will? She wanted to PREVENT herself from doing something she was not happy with and that should be enough for her NOT to jump. Oh, crazy world!

My son won a money-raising quest and the prize was a jump from a plane and do a free-fall sky-dive (whatever it is called). We watched the small plane go up and up and at the right moment the 2 pairs of jumpers appeared way above us. Down they came in a free-fall for a few minutes, which was part of the plan and at a certain moment the parachute was to be employed. All was well for one couple, but my son and his partner's chute did not open properly and they just kept falling and falling. My wife almost had a heart attack. We saw a chute

come out twisted and was cut loose. After a few more minutes, a second chute was employed, just in time to get them down on the ground safely. My son was as white as a ghost and sat in the packing shed, shivering for ages and we weren't so happy either. He did not have another go, even though he said he would. He has learned his lesson and as an adult, he calculates his moves very well.

The latest entertainment parks, are putting in some horrendous rides, which in my opinion are not suited to most people. The G-forces put upon the people, are what astronauts are subjected to for years, before they fly off into the 'wild-blue-yonder'. These astronauts are well trained, very healthy and conditioned for such stresses, but the general public certainly is NOT. Have you thought about that?

**6. Driving a car.** Driving a car is something very special and a car could be



classified as a weapon in the wrong hands. The average car would weigh about 1 ½ ton and when this car crashes into something, this weight does an **amazing amount of damage**, as we know. The driver should always 'expect the un-expected' and be aware what is going on around him/her. In

driving this vehicle, the driver should continually think of PREVENTING an accident and be in total control. For that reason, new laws regarding the use of mobile phones while driving, are strictly controlled by the police for a good reason; to keep your attention on the road. Modern cars are fitted with all sorts of devices to look at on the dashboard, to navigate, play music and more. In my opinion these are always distracting the driver from keeping an eye on the road. Not many drivers would stop and adjust these gadgets on the side of the road, but handle them while driving instead.

I read an article about a young mother who was driving, breast feeding her baby and at the same time TXT-ing a friend. Not bad hey! If she was involved in an accident, which she was really looking for, the baby would have been crushed to death, not being restrained properly for one. What about the other road users?

Some ads on TV, show young people in a car, singing to VERY LOUD MUSIC and almost 'dancing', while driving. This is NOT A GOOD AD and a bad example for young drivers, who are just learning to drive.

I have been behind the wheel of a car for over 70 years and was only involved in one small accident. I have been booked for speeding twice (Only 10 km over the limit) and I have had all my point on my licence intact for all these years.

**Do you want to have a laugh on me?** *You know what happened: I went to the office to collect my mail **just now** and there was an infringement notice from the police. I was booked for speeding the other day (11 km. over); the second fine in over 23 years. It cost me \$431 and I lost 3 demerit points, the first time ever! I was just a little cocky there, wasn't I?*

I realise that a car is a very dangerous machine, IF not managed properly. Don't take it for granted, that this car will keep you safe, as plenty of road-users are dangerous and you have to be aware of them as well as your own safety. Young drivers should really do and advanced driving course, to teach them what to do in an emergency. My daughter did this and she is an amazing driver, not only of a car, but a truck and a forklift as well. I am now teaching my grandson to drive and he is pleased at what I have to pass on to him.

**7. Being harassed** . It should be fine for anyone to dress the way they want to,



but in some cases, younger women dress a little scantily, exposing more than what is 'necessary', especially at night. **This is not a new phenomenon.** There are times, being in a night club or wherever, a man may get aroused seeing a woman in this state, having had a

few drinks 'under his belt' and could do things, not becoming of a gentleman. Yes, I hear you: "What has that to do with you, what I dress like?" Absolutely nothing, but I am saying that if something happens to you and you get harassed, you should not blame someone else only, as you have 'set the baited trap'. This could have been prevented. It is nice to dress up and look your best, especially when you go out, but as an old saying goes: "Leave something to the imagination". If not, then you may as well go totally undressed to your outing and be done with it. Preventing from being harassed, is the thing to consider. Some women may be out to get attention from a male, or visa-versa, but there are those, who just want to be fashionable and look pretty; just to have a good time.

**8.Our Health.** Years ago, it was so much easier to keep well, as the foods and



eating habits were totally different. There were no take-away outlets; the super-markets did not have all these prepared foods in them, which are chemically preserved and most of our meals were home cooked from fresh ingredients, often grown at home. I wish that I could get to talk to everyone about the seriousness of this, as the “so-called foods” that one eats are not

really life sustaining and very difficult to digest. Poor digestion and foods that are laden with sugars, salts, MSG and other chemicals, are causing most of the obesity in society. I have written about that so many times and find it necessary to bring up again. There is **so much** sugar and salt, just to name a few, which are used to make their products appetising and at the same time addictive. They are called ‘flavour enhancers’ like MSG (621). A statistic shows that sugar consumption has gone up from 2 kg. per person per year, to 30 kg.



From **this 2 kg** to

**one of these**, in my life-time.

These bulk bags shown are 25 kg, so you actually eat another 5 kg more per year on average. It is even more frightening to see, that a family of 4 for instance, would consume nearly 5 of these bags a year. WOW!

In some instances, even more sugar is consumed, especially by young boys, who drink these so-called ‘health-drinks’. It is not only the weight you put on, but sugars also feed cancer cells and for that reason I believe that cancer is rife all around the world and getting worse. Cancer research should be done in this area.

Eating your dinner at a late hour, is also a bad habit. In nature, the last meal is usually consumed before sundown. We see the animals grazing at dusk, the birds having another feed at that time, so nature really tells us, that this is the

time to have our last meal. When man lived without artificial lights, this would also have been our habit. The fact that we now have the luxury of all these modern technologies, doesn't really change things, but we have taken to all sorts of un-natural habits, to fit in with our life-style. It takes time to digest food and particularly meats. (Up to 4 hours). If the digestion is not completed before going to sleep, you will not have a good rest. Sleeping is so important and it should be at least 8 hours for anyone. Being up and about at any hour of the day, is damaging. God created the day-and-night routine for a reason. Let us look at the animals, they stick to that routine beautifully. We have to learn to use our brains a lot more and think about these details of life and not to go along with the multitude, who are very often driven by the advertisers. Be YOU and do what you should do, not what the others want you to do. You have a right to say NO, if you want to.

Preventing sickness is no secret. I have proven that over my life-time. I have not consulted a doctor for ill-health for over 60 years by just remembering what I need to do, to keep my immune system in good order, being able to ward off any nasties. I have not had a cold or the flu for all this time or had a single pill or tablet from the medical fraternity. I have PREVENTED that. It is up to ourselves, what we want to do, but remember, if you are always sick, due to not caring or using a prevention, you become a drain on society via the Medical Health Insurance schemes, we all pay for in our taxes. I know people, who get a flu at least 3 times a year. That is an acceptable figure apparently.

Risk taking is irresponsible. We constantly hear about people driving through flooded creeks and water courses during flood emergencies, even though they have been told a million times not to take that risk.

Others climb onto mountains and are ill-prepared, falling down and breaking limbs. Doing so, puts a strain on the SES and rescue people, who in turn put their lives at risk to rescue you. It is so important to:

“ **THINK, BEFORE YOU ACT**”, so you can prevent these things from happening. Just think of the people who are REALLY in need of help from the services available.

## 9..Gambling.



Oh, my goodness me! It looks and sounds so easy to win money or goods, gambling on just about everything these days, but really, a lot of thought must be put into the real facts and that is, that the gambling venues, **be they Casino's, clubs** or just ALL the gambling opportunities offered to you on

a daily basis, via advertising on TV or wherever, are the winners and you are the looser. Sure, there are times when you 'might' get a win, BUT count the times when you have lost all the money you have put into a poker machine over the years for instance? These machines are set to make money for the club or other venue and NOT YOU.

To prevent you from losing all your money, is so simple: DON'T PLAY THESE GAMES. If upon entering your club you feel, that the poker machine profit is helping your club and you put a few coins into these machines, being prepared to lose them, that is great. The biggest problem is that we get obsessed with the POSSIBILITY of MAYBE winning something, but as I said and you know it, the club where you play is the winner. We are addicted, when we constantly play these games. The odds of winning the top prize on a gaming machine are 1 in 7,000,000 (1 in 7 million). In Queensland most gaming machines pay between 85% and 92% return, this means that for every dollar bet on a gaming machine, between 85 and 92 cents is typically returned to the gamblers over time. In casinos the minimum is 85% return. The remainder goes to the venue. How is your maths? This means that you are a looser, putting money in these machines.

*A friend of mine had a great idea, since his wife was an addicted poker machine player. Each Friday night they would go to the local golf club and she would not stop playing till ALL the money she earned during the week, was gone. My friend decided to buy a poker machine and put it in the rumpus room. He would invite some other friends to join them on weekends and allow them to play the pokies. His wife was the prime target and she played to her hearts content. The*

*money she put through the machine was now the property of my friend. I reckon that was a brilliant idea.*

Another statistic you may want to know is that the chances of winning 'division one' in Saturday's lotto, or Monday and Wednesday's lotto, based on one standard game are 1 in 8,145,060. (1 in 8+ million). In Powerball, based on one standard game are 1 in 134,490,400. (1 in 134+ million). How ridiculous are these odds? We just have to learn to think and remember that these companies, who promote gambling in any form, are business people, wanting your hard-earned money, something you CANNOT blow on these miserable chances of winning. It is law, that these companies also advertise the words "Gamble responsibly", but so many people do not heed to these warnings, as they mean very little when you read them. Usually, when it is too late and all your money is gone, realising you cannot pay your rent or get some groceries you may end up getting counselling, so PLEASE, DON'T GAMBLE and prevent yourself from becoming a statistic. Don't get addicted in the first place! This situation is NOT helping your relationship either, is it?

Call 'Gambler's Help' on 1800 858 858, a 24/7 service and the phone call is free.

**10. Getting sunburned.** How long has the sun been shining? How important is the sun for life's survival on Earth? How long have we been told to keep out of the sun? The important message I want to convey to you is that we cannot do without the sun: "AMEN"! The sun is the life of everything on Earth and we as humans NEED sun to survive as well. No, this is not an irresponsible statement at all, BUT going out in the sun and have **SOME** sun-exposure daily, is HEALTHY indeed. Another BUT: be sensible and don't get too much, as this is indeed dangerous in many ways. **SUN-BATHING, not SUN-BAKING** daily is supplying us with the very important Vitamin D, which will help with the strength of our bones and help them from becoming brittle (osteoporosis). Other symptoms are frequent infections, fatigue and muscle weakness, bone and joint pains, slow wound healing and more. A recent study reveals, that older people with Dementia, who do not get Vitamin D in their system, may be at risk of getting Alzheimer's disease. More studies are conducted. Covering our skin with a Sunscreen, is damaging our whole system. In these sunscreens there are some very nasty chemicals, which should NOT be used for more than one reason.

Just to mention one of the chemicals (Oxybenzone\*) found in a large range of sunscreens is banned in the USA and other countries now, because not only affects your health, but it damages the coral reefs around Hawaii and other

states along the ocean shores. **Please be sensible and sunbathe every day for a short while, depending on your skin-type and prevent yourself from getting burned at all times. Cover up, if you need to be in the sun for a prolonged period of time with a large brimmed hat and other clothing.**

*\*Look up Oxybenzone on Wikipedia; that will shock you!*

**11. Over-spending on things.** We live in a world of SPENDING money on so many things, often not NEEDED right now. We live in an affluent society, **something we are not really aware of**. Let's look at some of the poorer countries, where even drinking fresh water is NOT available. Could you live like that? We are taking this for granted and expect so many services to be there for us 24/7. If we get a 'black-out', we scream and get on the phone and expect the service to be installed immediately, so we can go on watching TV or something, even if it was caused by a thunderstorm or something. That is just one consideration.

Look at all the things we have in our homes. "Everything that opens and shuts" and we get more every day. Do we really NEED all that to survive? Since I have been in my cabin, the size of a caravan really, I have realised that LESS IS MORE and that all the things I had, were not really necessary for survival. I have written about CONSUMERISM in another paper and make you aware of the way we 'p' into the pockets of the filthy rich, by continually buying more and more, even though the "old" thing is not worn out. We believe in their advertising campaigns. They come along on a weekly basis, it seems, having all sorts of names given to these sales, such as Black Friday sales, Christmas sales, end of the year sales, Mother's Day sales and the list goes on. We often complain that we cannot make ends meet, but if we really sat down and did our sums, we would find out that if we stopped spending on goods not



NEEDED right now, we would be okay. Prevent yourself from being poor, by **holding on to your hard-earned money**, so that you can use it, whenever you NEED to spend it on something you REALLY need. Don't live from day-to-day but save. As a child we all remember having a piggy-bank and we would put our (part of) weekly allowance in that so we could buy something in the future we really wanted. Today that seems to have gone by the way-side. I suggest that you go back to that way of living and put a "set amount" of your income in a "piggy bank"

every week and have that money there if you need some extra cash. Giving presents, **because society rules us to do so**, is in my opinion a very false way of trying to be friendly with someone. I give, whenever I feel a person needs a lift and it is usually something I have created or have bought with that person in mind, knowing he/she would like that to make them feel good again. I just love giving flowers. I don't just give at birthdays, Christmas time or any other modern society's invented days. It would mean nothing to me and I would not feel right. Ok, I am different, but that is where I stand. I love giving and have done so all my life, with love and always get a beautiful response when doing so. It also makes me happy to see the face of the recipient and this is often rewarded with a big smile or a hug.

**12. Buying property**, which is bound to flood or will certainly be affected by



cyclones (or hurricanes in the Northern hemisphere), or will be affected by any other natural disaster, is irresponsible. There is so much information available, all around the world, informing people, where floods occur and cyclones affect property,

sometimes even more than once a year. Then there are places where bushfires rage every few years; where you are close to an industrial area, which put out bad smells, noises or smoke; heavy traffic; near airports; landslides; high-voltage powerlines, etc. etc. It is getting very difficult hey?

In 2022, in Australia we have seen floods occur up to 3 times in a season, where a lot of houses were totally inundated with flood waters. In the days of early trading, rivers were used as the main transport lanes, as ships used to take timber and wool for instance, from the inland to the coastal areas for export overseas. I can understand that these centres were built around these rivers. However, these goods are transported these days by road and rail and no river transport is used. Buying property along the valleys of these rivers is a bad practice. I know that the attraction is there, as rivers are always nice to be near.

I have seen programs on TV, where young couples are buying property on the Florida Peninsula, USA, surrounded by ocean. In the last few decades, hurricanes have become more regular features and much more severe. Is it

not irresponsible to buy property along these types of coasts? You can be assured, that in a matter of a few years, your property will be affected by one of these hurricanes and you may just lose the lot. The 'drive' to have an ocean view and the opportunity to go and swim in the ocean, only metres away from your doorstep, is very attractive to some, but it seems ridiculous to know, that you will very likely lose your 'everything' one day. Even if there have not been any hurricanes in your life-time, your parents surely should advise you of the chances of this happening. Prevention is the key word again.

I was offered a 3-acre block of land one day, at a very reasonable price and I was wondering why it was so cheap. I was told by the real estate agent where it was and went over to inspect it by myself. As soon as I arrived, I realised it was low lying land. I quickly checked with the neighbours and they certainly confirmed the finding. This land would go 3 metres under water at least once a year. I asked the agent why he did not tell me that this land is flood prone and he said: "You did not ask." Typical real estate agent's answer. The warning bells are ringing and prevention of buying a 'lemon' is real; cars, boats, land, cheap products, clothing, etc. **Don't be sorry later; be aware now!** Many people make monetary investments, to boost their wealth and future security. These investments may be in property, money markets and these days in Crypto Markets (?). There are plenty of investments that have gone wrong in the past and these usually have been by investing in "Rose-coloured Investments", which looked too good to pass-up. Often these opportunities, are introduced by 'fast-talking' sales people, or beautifully illustrated brochures. It is so very important, that we make all the right inquiries before we let our hard-earned money go somewhere, where it may make you some extra cash for the future. Prevent yourself from getting hurt and losing, rather than gaining wealth. Do your homework well, before you invest. I also invested a small amount of money, but I could have got a better interest rate, if I invested in some other place, but it was not as secure as what I have found. Greed? That could be a problem at times. Take care guys!

**13.Waste.** What have we done? In years past, plastic had not been invented



(thank goodness) and everything we bought, was usually packed in glass. However, the occasions of buying prepared foods for instance, was very low. Most of the food we ate, was grown and prepared at home and did not have to be stored. Vacuum sealing of seasonable foods, such as fruits and

vegetables, was always done in glass containers. These days, very few people preserve food this way and almost everything is bought in plastic containers.

Plastic in many other parts of our lives, has seen to it, that we now have a massive problem of getting rid of these products and they finish up in landfill (if we are lucky) but a lot seem to finish up in the oceans all around the world.



**There are many 'islands' of plastic floating in the oceans.** (This is just one of them).

The pristine Pacific Island beaches, are littered with this stuff. The sea creatures, such as turtles and many more, ingest these plastics and they choke on them and

die.

Introducing Covid 19; plastic gowns, masks, injection needles, bed covers, screens and the list goes on, has seen to it that the plastic waste disposal problem has increased immensely.

In years gone by, waste was never a problem, that could not be handled easily. There were no aluminium cans, steel cans, plastic containers, excessive packaging or wrappers, so basically any wastes were able to be composted and returned to Mother Earth where it came from in the first place. Man needs to prevent these things from happening and eventually choking us all. Let's go back to sensible packaging in natural containers only, which can be re-cycled and be used again, saving on the natural resources we have to mine for, or in the case of plastic, drill for as these are petrochemicals. See my paper on Consumerism.

Thank goodness, the world is slowly coming to its senses, as far as automotive fuel is concerned and the car manufacturers are now concentrating on

electricity for energy to drive our cars. This could have been done years ago, but somehow the car manufacturers were bound, to produce cars, using petrochemical products by.....??

Please be 'waste wise' and accept as little as possible wrapped in plastics.

**14. Mental problems.** Now I want to draw your attention to the mental problems occasionally occurring in some people's lives. Life can be very difficult for a lot of people these days, as was mentioned in a statement by someone on FB the other day. Some comments to this statement from older citizens confirmed the fact that in (here I go) the old days, things were very much easier and more comfortable. Financially we were always poorer, compared to the present days, but there was more peace in the family and in the neighbourhood; you did not have to lock the door, every time you left your home; the neighbours were always looking after you and the other neighbours and stood by you as family. The list goes on, but unfortunately, we cannot go back there, that is accepted. **HOWEVER, WE CAN STILL TAKE NOTICE** and put some of these wonderful ideas back into our lives.

It is so great to see that in some communities, which are springing up around the world, these caring ideas are practiced and the "family" of the community is like blood "family". We should talk to our family members all the time, especially when we have a problem with stress of any kind. We should talk to



our family on a daily basis. When the family comes home from school, work or whatever, instead of turning on the dreaded TV, we should sit and play together and talk. **Discuss our day just passing.** Children often have problems happening at school and if they are not shared, they carry this burden

from day to day, sometimes for months and years. The eventual outcome may be disastrous, as we all know. They feel they cannot talk to anyone, even their parents, who after all should be their first contact and the children should trust you to deal with any circumstance.

Ask your child, as soon as he/she gets home from school or even a job, what the day was like and make sure you get the whole story out of them. Don't settle for: "It was alright Mum/Dad." Find out exactly what happened on a daily basis. This is vitally important. Discuss it fully. If the problem seems too

big, it is usually because they did not air that at an earlier opportunity. A counsellor may have to be brought in, but please do talk more about the important matters of life, instead chatting about un-important things and locking yourself into your little niche and do 'your thing'. This is NOT family life. Eating together around the dining room table is a vital part of the day. Not eating on the run or in your own room, while watching your own TV or playing with another electronic gadget. The family room is where a lot of the deep-seated problems can be aired and the whole family can be supportive in dealing with any problem any family member may have. Yes, you too parents. Do trust your children, as **they too may help YOU** solve problems. I know they are NOT professional psychologists, but they are very smart just the same and have very deep feelings and a lot of true love, we don't very often give them credit for. The fact that children do not have the same life-pressures that adults have, they can and do think very clearly. You will be surprised what a child can do for you. Cry on their shoulder if you have had enough of your trauma. They are very responsive, because they love you unconditionally and want to see you do well and handle the situation. Tell them exactly what you are dealing with. Somebody said to me once that sometimes: "Life is like a baby's singlet; short and shitty", but a singlet can be washed and cleansed again, **so you can too!** Nothing needs to be permanent and everything can be changed. With love in our hearts, we can achieve so much. TRY IT!

My life has been long and varied, but as I state here, I have learned from all the experiences. Life is alright, together with its ups and downs. During the 'down periods', you feel awful, but once the lesson has been learned, things brighten up again and you feel so much better than before. We need to learn to understand the downs before we can grasp the ups.

I am sure I could write another book about my downs and ups, but I don't want to remember them, so I won't. You know yours, so sit back and learn. Take a little time out and just 'BE'; relax and allow your mind to work for you and sort things out. Being in nature helps even more, so chose a quiet spot in the bush or on the beach, where you can just sit. It may be a little difficult at first but you will be able to do it. You don't know unless you try!

TIME HEALS ALL!

It will change your life forever.