



# Koala Kolumn

by Jennifer Creed

It has been a quiet few weeks for reported sightings as many walkers found the days leading up to the winter solstice meant less outdoor activity and less opportunity to observe wildlife. Soon however the night sounds of grumbling males and the squeal of female koalas will signal the return of the mating season and the approach of spring.

With this increased activity the vulnerability of the koala will also increase as more ground movement is needed in search of mates and last year's back young disperse to begin life as independent juveniles. They must now navigate their home range alone for the first time and these dispersing young are inexperienced road travellers.

In the past few weeks Friends of the Koala has attended four "Hit by Car" koalas. At three of the scenes the drivers involved did not stop to check the koalas which were still alive. In two cases the koalas were females with pouch young.

Fortunately there are some caring individuals and at one accident a compassionate witness was able to safely transport the Mum and joey to a Tweed Valley veterinarian. Sadly the Mum's injuries were so severe she was unable to be saved but the male joey survived. He was named (lucky) Phil after the attending vet, and placed into home care. At the time of writing he is gaining weight and showing signs of improvement.

It is that time of year when koalas (and other marsupials) will have their joeys in their



pouch. Even if the mother is unable to be saved the joey can be viable with quick interaction. If you do see any injured or dead

wildlife when driving please take the time to safely pull over, put on your hazard lights and check to see if there are signs of a tiny survivor. If a pouch young or back young is present please contact Friends of the Koala as quickly as possible for advice. In any case keep the injured koala (or koalas) warm, quiet and undisturbed.

On a positive note, Tweed Valley Wildlife Carers (TVWC) has invited Friends of the Koala to manage the rescue, rehabilitation and release of koalas in the eastern part of Tweed Shire. "Phil" was one of the first cases reported under the new arrangements. Sharing valuable expertise and resources across the entire Northern Rivers will enable more efficient servicing of koala calls as well as reinforcing carers' skills.

Koala calls made to Tweed Valley Wildlife Carers will be referred on to the Friends of the Koala's 24 hour hotline rescue number which now extends from south of Evans Head up to the Queensland border and west into the Dividing Range.

## KOALA RESCUE 24-hour Hotline: (02) 6622-1233

If you are interested in reading more about Friends of the Koala's latest koalas in care please visit <www.friendsofthekoala.org>



The Dalai Lama with the Irwin family and koala at Australia Zoo in June.

# Now banned, the 'bufiest' of Mexican waves!

Cane toad and native Australian predatory fauna-related adaptations and behavior.

## Part 4 - The secret life of Kakadu's goannas

by Ian Browne, Shamrock News, Darwin



It took a man from Byron Bay to corrupt my Top End paradise. I was dreading the day that the word 'toad' would become synonymous with one of my favorite swimming holes. Yep, I met Ivan Motley, his wife and young family whilst we were all camping in Litchfield Park south of Darwin and they found a huge cane toad and its companions at the Wangi Falls shower facilities. I'd rather share my campsite with the large salty watching me from the billabong the previous night in Kakadu. Down the road the Wangi Falls Café owner told me that hordes of the warty blighters move through this area now. "They have landed!"

I also found a smaller toad at my work in the northern suburbs of Darwin. One of my friends, a long time Top End resident, assumed it was a native 'look alike'. Sadly I knew better. It has been a very muggy start to the Dry Season with the odd heavy tropical downpour, and the lowest minimum temperature recorded in the past eight months being 22c, just the other morning. Not unusual for Darwin which shares the same annual maximum temperature as Singapore, but great conditions for our Central American invaders.

Luckily we have one eradication weapon on our side, the heart of Dry Season itself as the toads need to be near water during this hot dry spell as they have trouble hibernating in the Top End's landscapes (McLachlan, 2007). Last Dry Season 130 volunteers cleared 50,000 toads out of a wetland area south west

of Darwin during the 'Great Cane Toad Muster', with Graeme Sawyer's Frogwatch (ABC Territory Stateline, 2007). This was hoped to prevent the toads moving into the nearby Kimberley region.

Do you remember me discussing in an earlier edition how the N.T. Top End is the hot spot for the Veranidae family; 'that is' the monitor lizards or goannas? Well I met with biologist Tony Griffiths at Charles Darwin University recently and he provided me with his and fellow scientist Lindley McKay's 2006 research concerning their monitoring of the impacts of cane toads on the goanna population in Kakadu. From 70 places within five regions of Kakadu N.P. 50 people took part in four goanna sighting surveys that ran for five weeks a piece from Dec.2004 to March 2006. This also included local tour guides participating in the registering of goanna sightings in these regions which included Jim Jim, Nourlangie, both South and East Alligator Rivers, and Mary River regions.

Six species of goanna were recorded in tropical monsoon floodplain, riparian and woodland habitats and their numbers were counted to help

analyse the survival adaptations of goanna species in relation to the relatively recent cane toad arrival in Kakadu. The probability of detection in each survey was recorded also as it is important to measure this to account for the difference in the number of visits per site by recorders, changing observers and climatic conditions (Griffiths and McKay, 2006).

Griffiths and McKay (2006) described how "it was only possible to calculate for Varanus panoptes and Varanus mertensi due to the small number of observations of the other four species". Also recorded was the probability of occupancy in the proportion of sites that contained the goanna species in each survey (Griffiths and McKay, 2006). Of the six species studied only V. panoptes were steady or increasing in numbers, however the other species were present (Griffiths and McKay, 2006). V. panoptes was also easier to detect in the Build Up season (pre-monsoon) due to easier access and detection within study areas, but sadly there was a decline at Manton Dam in the twelve months post toad invasion for V.mertensi (Griffiths and McKay, 2006).

So as you can see there are hard working, well wishing scientists and researchers out there in the steamy Top End conditions willing to provide us all with the wisdoms associated with this ugly toad invasion. I am still not sure if I can allow myself to hate them personally, the toads that is, but we do need these facts to secure the future in sustainable ecological management planning in relation to the toads' impacts.

# Cold Fusion to become a hot research topic?

by David McMinn

My original article "What Ever happened to Cold Fusion?" (NGT July 2006) was derided by some Nimbin locals. One uncharitable response was that I should stick to writing about plants. However, more and more scientific studies are now supporting the Cold Fusion hypothesis.

Most recently, New Scientist (p.32, May 5, 2007) discussed the work of Frank Gordon at the US navy's Space & Naval Warfare Systems Center in San Diego California. Gordon used a polymer detector to confirm that nuclear fusion reactions were taking place in his laboratory equipment at room temperatures.

This was one of numerous experiments on cold fusion conducted at the naval centre. However, Gordon's findings were published in the *Naturwissenschaften*, a highly

respected scientific journal. This was a first and may represent a turning point in the cold fusion debate.

### Background

In nuclear fusion, two atoms of deuterium (a heavy isotope of hydrogen) are combined to form either tritium or helium with the release of much energy. This process usually requires extremely high temperatures and is the basis of the Sun's nuclear core. However, cold fusion can be conducted at room temperatures and on a bench top. This may be achieved but inserting palladium electrodes in heavy water (consisting of deuterium and oxygen) and passing a current through the solution.

The deuterium atoms pack very tightly into the palladium lattice and a cold fusion reaction takes place. How this occurs cannot be explained in terms of current

science, but this applies to many other phenomena.

In March 1989, the first findings supporting cold fusion were announced by Stanley Pons & Martin Fleischmann, but research in this field remained very limited. The initial scientific backlash against cold fusion was so tense that no academic journals were willing to publish papers on the topic.

Cold fusion was considered a research dead-end for any person working in the field. Even so, several laboratories around the world were still willing to conduct various experiments. It is only now that cold fusion is becoming more acceptable within the scientific community.

### Immense Potential

It remains to be seen if cold fusion can be utilized as a meaningful new energy source to power the world economy. However, it is very

early days yet and who knows what the future may hold in technological developments.

Potentially, cold fusion could mean the end of energy supply as we know it. Gone would be the problems of green house gases, nuclear fission waste products, resource extraction, power grids, wind turbines etc.

Cold fusion apparently does not create major difficulties with radiation or radioactive waste. Power supply could be completely decentralised and based on plentiful deuterium derived from water. Nimbin village could have its own independent reactor to provide all our power needs.

The future of humanity would be a lot brighter if Cold Fusion ever comes into its own, assuming the process can be commercialised. The biggest tragedy is that so many years have been wasted, due to the intransigence and bigotry of so many 'scientists'.

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# Wildlife carers needed

by Lib Ruytenberg

This topknot pigeon is currently in care with WIRES. These dramatic looking pigeons are common to the forested areas around Nimbin.

WIRES receives many calls each year from people in the Nimbin area. However, there are only a few WIRES members in the area. More local people are needed to train as rescuers and carers. Once becoming a trained wildlife carer with WIRES, the level of your involvement can be according to your interests and availability.

The majority of WIRES calls are in relation to birds, but members are also needed in other areas of specialisation such as macropods, possums, raptors and reptiles.

It's very rewarding being a wildlife carer. Needs range from simply caring for a mildly concussed animal overnight and releasing it the next day to longer term intensive raising of orphans. WIRES is also happy to have members who would rather rescue animals and then pass them on to carers.

The next WIRES training course will be held on the weekend of 21st and 22nd July at Southern Cross University in Lismore. For further information, contact the WIRES 24 hr hotline, 6628-1898 or go to <www.wiresnr.org>



WIRES Northern Rivers  
Photo by Alice Carter

## Passion Café discussions continue

by Louise Mehta

The Passion Cafe was in full swing on Wednesday night 20th June at Djanbung Gardens. Much lively chat was discussed around the pot bellied fire.

Talks included:  
• The fabulous new growers market happening every Saturday morning now in Rainbow Lane.

• Increasing interest in Nimbin's Community Gardens

• Solar Energy for the main street - sourcing from Rainbow Power Company

• Future Nimbin School projects  
• Bicycle power and pathways  
• Nimbin petrol consumption  
• Foreign countries successful solutions to reducing traffic and petrol usage

• How Australia advertises Nimbin - do we like it and does it paint a true picture?  
• New media coverage of Nimbin

• Extending Nimbin's Sunday Market a few hours for music, snacks and chai  
The next Passion Cafe is on Wednesday 18th July at 7pm. Delicious homecooked organic dinner is served from 6pm.

## GRIST ENVIRONMENTAL NEWS FROM WWW.GRIST.ORG

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### Yellow Jersey Optional

City of Paris to begin bike-sharing program

Ah, Paris. The sex tape! The jail time! Wait, wait ... wrong Paris. Ahem. The croissants! The berets! The phallic tower! And now: the free bikes! By mid-July, 10,648 bicycles will show up in 750 stations across The City of Love, allowing riders to pick them up and drop them off at a different destination. By 2008, the city hopes to provide nearly twice that many two-wheeled transports. A pre-paid card or credit card will unlock a bicycle from a station; a 30-minute ride is free, and every additional half-hour costs one euro, or about \$1.33. Riders can also rent bikes weekly for five euros, or yearly for a ridiculously low 29 euros. "We hope car use will diminish and that people will opt to take a bicycle or the bus," says a City Hall spokes-Parisian. Some are concerned about safety -- France does not require bike helmets -- but the program has been effective in other European cities. And what's to worry about? It's just like the Tour de France, minus the doping.

### That's It, No More Toothpaste For Us

Growing palm-oil plantations put orangutans in peril

Thank your lucky stars you evolved, because it's not a great time to be an ape. In Indonesia and Malaysia, forests are being converted lickety-split into lucrative palm-oil plantations, and orangutans who leave their rapidly diminishing habitat to sneak in for a palmy snack are often tortured or killed. As if habitat destruction, poaching, logging, and disease weren't enough, the biofuel boom could help push apes over the edge: the United Nations has predicted that the 50,000 to 60,000 orangutans left in the wild could be extinct within the decade. Indonesia and Malaysia produce 83 percent of the world's palm oil, which is used not only in biofuels, but in toothpaste, soaps, and foods. (Note to consumers: some companies, like Cadbury-Schweppes, Unilever, and the Body Shop, actively seek out sustainable palm oil.) One glimmer of hope: Uganda's government recently scrapped plans to convert thousands of acres of rainforest into a palm plantation, giving in to intense opposition.

# Dinosaurs hit the surf

## Darwin's mischievous crocodiles

by Ian Browne  
Shamrock News Darwin

After long weeks at work there is nothing better than grabbing an 'authentic' laksa at the cosmopolitan Parap markets and wandering down through the shade of coconut palms in Darwin's moist heat to paddle by the shoreline; daydreaming out over the turquoise clear harbour waters. There are 'bleachless' coral beds too; adapted to a shallow ocean bathing in 33c for about half the year. Darwin's tropical coastline is eye candy indeed, and I pity the folk in southern regions who are led to believe that Darwin's weather torments its tenants.

Cyclones seldom move on shore in Darwin, they prefer the northwestern tip of Bathurst Island to the north; the weather is far more idyllic than the extremes of a NSW coastline for example. There is the worry of being hit by intensive Wet Season lightning and melting like an ice cube in the ultra-heated humidity.

Perhaps another real danger also lies in increasing one's beer quota under the year round tropical sun, but you won't get trampled by a buffalo in Darwin Town at least, and the snakes up here are much friendlier than some of the grumpy serpents I have encountered whilst living and working in the jungles of Northern NSW for example. However, a couple of months back a man's pet chihuahua was grabbed by a dingo down in the city as its owner was taking it for a stroll along the harbour esplanade. The Asiatic wolf eventually released its quarry as the owner gave a chase.

The 'real' danger actually lies in peril in the Arafura Sea surrounding Darwin. Just at the close of last year's Dry Season a man was walking his dog on the shoreline at Darwin's famous Mindil Beach when a 5 foot croc chased them both up the beach. There is a story told of two nuns swimming at Mindil Beach, they were being observed by a large salty, and as onlookers waved them to the danger lurking nearby, they joyfully waved back unaware to the scaly danger.

In fact over 280 crocs



"Three cheers for the old man croc, I say." - Shamrock.

are trapped in the harbour each year by rangers. Many are thought to be smaller crocodiles that have been chased out of the massive river systems here in the Top End by larger territorial crocs, the mystery as to where they journey to is perhaps now beginning to take shape, though scientists are still baffled and want to begin more extensive satellite tracking of 1.1m to 1.6 m salties. The owner of the zoo 'Crocodylus Park' here in Darwin explained how estuarine crocodile numbers in Darwin Harbour do not equate to the numbers 'on-the-move'.

I am well aware of the aquatic dangers here in the tropical north and the stingers keep me out of the water during Wet Season anyhow. I am careful in Dry Season, on the tide you can see through the clear shallow water for great distances, allowing for safe swimming during the long dry spell. However at Rapid Creek in Darwin's jungle - leafy northern suburbs I used to snorkel on the low tide in the creek where the estuary meets the vast- tidal sand flats. One day a croc was sunbaking on the sandbank for all to see right by my creek site.

Just this week I discussed with a visiting Italian tourist just how keen I was to hit the beach again when the Dry Season eventually decides to begin. He remarked upon the many crocodiles residing

throughout the Top End, and he was right as the very next day front page news in the N.T. News portrayed pictures of a crocodile which patrolled the whole beach at Casuarina, and also this week another 2m croc swam next to a canoeist in the nearby estuary area of Rapid Creek.

A rather cute 1m freshwater croc also joined two swimmers this week further up stream in Rapid Creek in a rainforest swimming hole. In fact its tail lay between the feet of one of the swimmers who had himself swum within 20m of a large salty off nearby Nightcliff wharf a few years ago. I live in Nightcliff, and along with Fannie Bay (on the harbour closer to the city) I feel is the best suburban landscape within any of the capital cities in Australia in which to live. It is the very exotic nature of Darwin that draws me to return year after year. I like the risk, I am careful whilst near or in water, but Darwin is real, Mother Nature lets you know who really is the boss!

I like the fact that *Crocodylus porosus* numbers are now above 80,000 in tropical Oz, and I held a debate last year at a Darwin high school with a group of Year 7 students on the subject of croc culling in the Top End. The boys boisterously argued 'yes' to sustainable practices in culling, the girls passionately 'NO!' Phew, it got heated I have to say, and just last year in the bush outside of Darwin my brother came within a few feet from the snatches of a large salty lurking above him on the river bank as he was fishing from a tinny. But I love how these dinosaurs the crocodiles are out there in our tropical estuaries and rivers; just as they have been for millions of years.

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# Homeopathics

by Tarang Bates

The Winter Solstice brought with it, wind blown, gusty grey skies and frosty, mist filled valleys. Slushy paths, winding through dripping trees, puddles and mud. Winter woollies and fire filled nights, wrap around families and friends.

Warming hands, steaming cups, nourishing brews – yum. Winter rains alternate with crispy clear blue sky and icy winds, which seem to penetrate every molecule of your being. The pecan trees are naked of their leaves, the nuts are gathered and the citrus blossoms have created well.

The cold and moisture, often aggravates the coughs and colds that lurk around in dark alleys, at this time of the year. It's good to remember that prevention is often easier than cure. There are many homeopathics, to suit different types of coughs, which are worth having on hand.

## ACONITE:

Is useful for warding off colds, when others around you are not well, as is Arsenicum - they are both ingredients in the cold and flu remedy called AAGE. Aconite is for colds that come on suddenly, after being exposed to cold windy conditions. Hot, red cheeks alternating with pale. Dry, hoarse painful cough and croup with a fever.

## PULSATILLA:

Coughs are dry at night and moist in the morning, usually with green or yellowish mucous. Pulsatilla people are worse in a warm, stuffy room and better outside or with fresh air. The symptoms are changeable and shifting. Earache at night, the person could be pale, thirstless, miserable and tearful, often quite clingy.



## CHAMOMILLA:

Coughs are dry and irritating, with wheezing which is worse at night. Person is irritable, oversensitive, cross and demanding. One cheek may be hot and red, the other pale and cold. The body alternating between heat and chill. The nose can feel blocked, but has hot watery discharge, dripping from it. Tightness and tickling in the chest, with sneezing. The person feels better when they are warm and being carried.

## DROSERA:

Has a violent, tickly cough in the chest, which is worse at night and outside. The cough is choking and gagging, with retching and gagging, this is useful to have on hand for whooping cough. The person may have a husky voice and be shivering and cold, while the head and face is hot.

## ANT TART:

Cough has rattling in the chest, which sounds full of mucous. The person is pale, even blue around the lips and needs to sit up, so they don't suffocate. They may be drowsy, whining and moaning. Shortness of breath, with alternating coughing and yawning and possibly vomiting. Worse when lying down and because of that, has trouble sleeping.

*These are only a few of the homeopathic cough, first aid remedies, which are available from Nimbin Homeopathics 6689-1452 or email tarangbates@yahoo.com.au.*



# Liver Cleansing - here's a cheap and

from Mark Jago

Have you ever wondered why you're getting less active as you get older?

There are many reasons but one of the most common is sluggish liver function due to a gradual buildup of stones in both the liver and the gallbladder.

What is the standard solution given by mainstream medicine for a chronic gallstone condition? Keyhole surgery to the tune of about \$10,000 to remove the gallbladder. Is this a good idea? Well if you're into stripping body parts out of your abdomen I guess it's great! Does it solve the problem? Sure, in the short term. But what about the stones constantly being created in the bile ducts of the liver? Well no, they are still there. And what about the proper amount of bile for food digestion? Well no, now you're left with a constant dribble of bile into the digestive system that never has the opportunity to build reserves because the organ designed to do that no longer exists

Hmmm! Is there an alternative? Yes and it costs about \$3 and you can do it yourself in about 24 hours

with no side effects or recovery period required. Sounds too good to be true but it's for real and I have had over a dozen people I know do it all with the same results the discharge of *hundreds* of stones with immediate improvement to both weight and vitality.

If you're interested in trying it yourself, please read on.

## Liver Cleanse Information

Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health.

You can expect your allergies to disappear, too, more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm, and upper back pain. You have more energy and increased sense of wellbeing.

It is the job of the liver to make bile, 1 to 1 1/2 quarts in a day! The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct).

The gallbladder is attached to the common bile duct and acts as a storage reservoir. Eating fat or protein triggers the gallbladder to squeeze itself empty after about twenty minutes, and the stored bile finishes its trip

down the common bile duct to the intestine.

For many persons, including children, the biliary tubing is choked with gallstones. Some develop allergies or hives but some have no symptoms. When the gallbladder is scanned or X-rayed nothing is seen. Typically, they are not in the gallbladder. Not only that, most are too small and not calcified, a prerequisite for visibility on X-ray. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them.

They can be black, red, white, green or tan colored. The green ones get their color from being coated with bile.

At the very center of each stone is found a clump of bacteria, according to scientists, suggesting a dead bit of parasite might have started the stone forming. As the stones grow and become more numerous the back pressure on the liver causes it to make less bile.

Imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles.

With gallstones, much less cholesterol leaves the body, and cholesterol levels may rise. Gallstones, being porous,

can pick up all the bacteria, cysts, viruses and parasites that are passing through the liver. In this way "nests" of infection are formed, forever supplying the body with fresh bacteria. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver.

Cleanse your liver twice a year.

## Recipe For Liver Cleanse

(from *The Cure For All Diseases* by Hulda Clark, Ph.D., N.D.)

### Ingredients:

- 4 tablespoons Epsom salts
- one-half cup of olive oil - the light olive oil is easier to drink
- 1 large or 2 small fresh pink grapefruit (enough to squeeze 2/3 to 3/4 cup of juice)
- Ornithine, 4 to 8 capsules, to help you sleep. People have done the cleanse without Ornithine (Kallie took Ornithine one night and noticed no effect and never used it again.)

### Steps:

Choose a day like Saturday for the cleanse, since you will be able to rest the next day. Take no medicines, vitamins or pills that you can do without; they can prevent success. *Continued next page*

# Commonsense Human Values

Third in a series by Laurie Stubbs



Societies often choose values that conflict with those of other societies. Islamic reliance on Mahomet's words (and downstream thinking based on them) is sharply different to western legalism, and its multiple brands of Christianity

Of course either set of values is "right" -- if they are yours.

From the last article it's clear that heaps and heaps of values come out of human evolution -- and are common between most humans. Research suggests a gene base for behaviours like these -- altruism, compassion, empathy, conscience, the sense of justice, friendship, -- love, kin selection, familial love, parental love, social solidarity, status within a society, patterns of grief, the difference between male and female use of conversation ( -- the male uses it 'to preserve independence and negotiate and maintain status' ) And there's more behaviours rooted in genetically programmed values -- greed, boastfulness (of gross and subtle kinds)

self esteem, honesty of individuals and groups, friendship, social climbing and more.

These behaviours and the values that underlie them are all typical of the human species, -- but behaviours themselves differ with different groups.

To express sorrow, some Australian Aborigines take a rock and hit themselves on the head again and again. Whites just look sad and feel miserable, or sometime feel ill. Some religious groups will stone an adulteress to death. We might make a movie about it.

Raymond Firth in "Elements of Social Organisation.", says interactions between members of the group are where most values began, whether in humans or any of their predecessors. Firth's words could fit apes ( -- think of chimpanzees -- ) just as well as humans..

"Primary groups -- are small scale units, family units, workgroups, neighbourhood groups, play groups -- the members of which are in close personal contact in daily life."

Wright's "The Moral Animal" says - after the basic shift from ape to man -- "the evolution of human beings has consisted largely of adaptations to one another. Since each adaptation, having fixed itself in the population, thus changes the

social environment, adaption -- invites more adaption." (emphasis added)

Now it's clear that different groups use the gene based values to produce opposite social values. Human intelligence can produce more and different values.

One value most needed in our world of fundamentalists, terrorists and self-interest individualism -- is tolerance. Tolerance is a value mostly originating with human intelligence, though tolerance may have its roots in our genetic altruism.

Altruism -- actions, not for self-interest, but for the good of others -- is definitely typical of the human species. Altruism in turn probably has its roots in "tit for tat" where one person does something for another in the clear expectation of that service being returned. Grooming among apes is a good example of tit for tat, and is probably one of the basic behaviours that come with living in a group. It's helpful to understand just where tolerance came from even though it's much more human than animal.

Genes make behaviours that are common in all human races, -- and the socialisation process -- from birth onwards -- expresses them in different ways. The next article will take a look at how these differences happen.

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- baked potato or other vegetables with salt only.

This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

**2:00pm.** Do not eat or drink anything but water after 2 o'clock. If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tbs. in 3 cups of water and pour this into a jar. This makes four servings, 3/4 cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

**6:00pm.** Drink one serving (3/4 cup) of the ice cold Epsom salts.

(Recommended: Drink the Epsom salt solution through a straw to get the drink to the back of your mouth and avoid most of the taste. A little maple syrup afterwards sweetens the aftertaste of the salts.)

**8:00pm.** Repeat.

**9:45pm.** Pour 1/2 cup olive oil into pint jar. Add 3/4 cup squeezed grapefruit juice. Shake vigorously.

**10:00pm.** Drink this mixture taking 4 to 8 Ornithine capsules (not mandatory but helps one sleep). Lie down immediately on your back with head high on your pillow. Keep perfectly still for at least 20 minutes. Go to sleep

(Recommended: A warm hot water bottle placed on your upper abdomen and slightly to the right helps your liver to relax.)

**Upon Awakening** - After 6am. Take third dose of Epsom salts.

**2 Hours Later.** Take fourth dose of Epsom salts.

**2 Hours Later.** You may eat starting with juice and fruit. Later eat light.

### How well did you do?

Expect diarrhea in the morning following the cleanse steps. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol inside. Count them all roughly, whether tan or green. You will need to total 2000 stones before the liver is clean enough

to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two-week intervals.

A Gallstone flush is the second most important thing someone can do in order to cure "incurable" and degenerative diseases. "This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not linked to pains other than gallbladder attacks. When the gallbladder is removed the acute attacks are gone, but the bursitis and other pains and digestive problems remain." People who have had their gallbladder removed surgically still get plenty of green, biliary stones. Dr. Ted Morter D.C. says the removal of the gallbladder increases chances of osteoporosis.

Information from <www.whale.to> It's also a very good alternate medicine site.

\*This article is not intended to diagnose, treat or cure Disease or Illness, nor is it to be presented or construed, in any way, as a substitute for professional Medical, Surgical or Psychiatric care or treatment.

by Cheryl Beasley

The process of ageing is a natural one but the skins process of aging can be significantly reduced with the proper prevention methods and relevant natural skin care techniques.

The major factor in our skin prematurely ageing can be attributed to the sun. The sun damage you might see on your face today could have started over thirty years ago. When it comes to sun damage prevention is much better than cure.

Ways to prevent sun damage occurring are:

- Wear a high protection factor sunscreen every day on the face, neck and décolletage
- Wear a hat whenever you venture outside; even to hang out the washing
- Wear make-up that contains sunscreen
- Try to remain in the shade when possible

We hear a lot about "free radicals" these days. Free radicals are unstable molecules produced from sources like air pollution, radiation, and chemicals. They are also caused by bad diets high in fat and can even be caused by over exercising. These free radicals can over run your system and are now recognised to cause devastating health problems, such as heart disease and rheumatoid arthritis. They are a major concern in premature ageing.

Ways to prevent Free Radical damage are:

- Increase your intake of antioxidants like Vitamin A and E
- Eat a diet high in colourful fruits and vegetables
- Reduce your use of chemicals in and around the home
- Source natural skin care products that contain anti oxidants

Using natural skin care products will significantly reduce the amount of chemical substances you absorb into your body that can cause premature aging.

Some 'every day' chemicals such as synthetic emollients contained in some commercial products can be stored by the body in the liver and lymph nodes. Others such as Sodium Lauryl Sulphates can irritate the skin.

Ways to prevent absorbing chemicals through the skin



are:

- Use only natural skin care products
- Scent the skin with essential oils or naturally scented creams
- Use only soaps made from plant oils and that contain herbal extracts, aromatherapy oil blends and clays.
- Shower daily to rid the skin of dust and grime

Exfoliation has been

around for thousands of years as a natural way to remove dead skin cells from the surface of the body and prevent premature aging, revealing the fresh new skin cells beneath. There are many benefits to exfoliating the skin. Not only is new skin revealed but the circulation is stimulated enabling toxins to be dislodged and removed from the layers of the skin and the lymph nodes.

Ways to exfoliate are:

- Use a body scrub weekly in the shower
- Use a natural bristle skin brush to brush the dry skin before showering daily
- Use loofahs to remove dead cells when bathing
- Dry the skin with a scratchy towel to stimulate your circulation

Dehydration is yet another factor in premature ageing. Many people simply do not drink enough water to maintain a healthy system. Six to eight glasses of water a day is said to be what we should be drinking and that does not include soft drinks and coffee! They actually tax the system of moisture.

Ways to ensure you drink enough water are:

- Always carry a bottle of water with you and drink it!
- A good guide to calculating the right amount of water you should be drinking a day is to divide your weight by 8. This is the amount of 250ml glasses of water you should have per day to help prevent premature ageing.

Please visit us at <http://www.lanab.com.au> for further advice and a healing range of natural skin care products. LanaB is a boutique natural skin care business that produces exclusive natural skin care products freshly as ordered, ensuring their products are of the highest quality when received by customers. They offer free delivery Australia wide.



## Cook's corner

by Carolyne

The pecan is a species of hickory, the wood used for smoking meats etc, giving the food a wonderful flavour. Pecan trees can grow to a height of 40 metres, and may live and bear nuts for over 300 years. The timber has a wonderful grain, and was used extensively in furniture making in the USA in the 18th and 19th centuries.

Pecan nuts are plentiful in the northern rivers area at this time of year. They have a rich, buttery flavour, and can be eaten fresh or used in cooking, particularly in sweet desserts but also in some savoury dishes, or to make pecan butter. This is done the same way as for peanut butter, but should be made in small batches and kept in the refrigerator to prevent it from going rancid.

Pecans are a good source of protein and also unsaturated fats. Studies have shown



that a diet rich in nuts can lower the risk of gallstones in women. The antioxidants and plant sterols found in pecans have been shown to reduce high cholesterol by reducing the (bad) LDL cholesterol levels.

### Recipe of the Month Pecan Nut Pie

- 2 sheets frozen short crust pastry thawed
- 1/2 cup pecans
- 1/2 cup maple syrup
- 2 eggs
- 1/4 cup brown sugar
- 20g butter, melted
- 1 tbsp plain flour

1tsp mixed spice  
whipped cream to serve  
Pre-heat oven to 200C. Lightly grease 4x10cm, deep loose-based flan pans.

Cut 2x15cm circles from each pastry sheet. Ease circles into pans and trim edges. Chill for at least 15 mins.

Prick base with fork, place a piece of baking paper in pie base, lightly fill with uncooked rice. Bake blind 10 mins. Remove filling and paper and bake for further 5 mins. Cool base and reduce heat to moderate 180C.

Arrange pecans in pastry shells, in a bowl whisk together remaining ingredients. Pour gently over pecans. Bake 15 to 20 mins. Cool. Serve at room temperature with whipped cream.

It is important to let the pastry rest after lining pie dishes, to prevent shrinkage.

For information or help, phone Carolyne at the Retro café on 6689-0590.

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Contact Michael Balderstone at the Museum Phone 6689-1123  
Still open every day, and well worth a visit!