

# Patent from Microsoft: Body Activity Data Cryptocurrency System

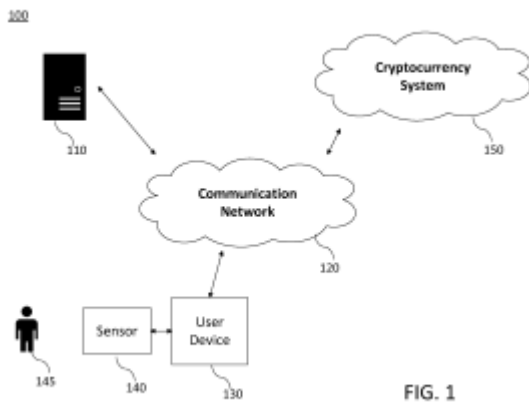


FIG. 1

Human body activity associated with a task provided to a user may be used in a mining process of a cryptocurrency system. A server may provide a task to a device of a user which is communicatively coupled to the server. A sensor communicatively coupled to or comprised in the device of the user may sense body activity of the user. Body activity data may be generated based on the sensed body activity of the user. The cryptocurrency system communicatively coupled to the device of the user may verify if the body activity data satisfies one or more conditions set by the cryptocurrency system, and award cryptocurrency to the user whose body activity data is verified. [/caption]

This is a patent filed on March 26, 2020 from Microsoft, patent WO/2020/060606. Note the three sixes in the patent number. If you don't believe it, please check out what it says on the [World Intellectual Property Organization](https://www.wipo.int/) (WIPO) website!

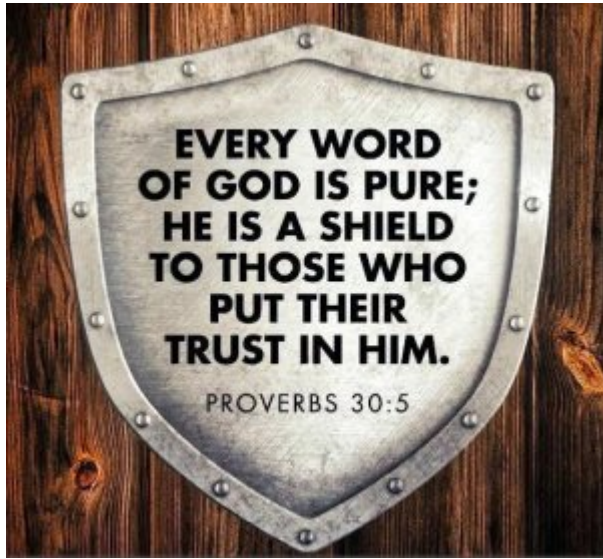
Quoted from WIPO:

*"What is WIPO? WIPO is the global forum for intellectual property (IP) services, policy, information and cooperation. We are a self-funding agency of the United Nations, with 193 member states. Our mission is to lead the development of a balanced and effective international IP system that enables innovation and creativity for the benefit of all. Our mandate, governing bodies and procedures are set out in the WIPO Convention, which established WIPO in 1967."*

So what this all mean? Please tell me what you think in the comments below.

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# God Our Shield – Protection from the Coronavirus



We are fighting an unseen enemy that spreads from person to person. Our health is not only dependent on how strong we are physically, but spiritually as well. The Devil is throwing darts of the Coronavirus at us. We should ask the Lord Jesus to shield us from it!

Twenty Scriptures we can claim for God to shield us from the virus:

Genesis 15:1 After these things the word of the LORD came unto Abram in a vision, saying, Fear not, Abram: I am thy **shield**, and thy exceeding great reward.

Deuteronomy 33:29 Happy art thou, O Israel: who is like unto thee, O people saved by the LORD, the **shield** of thy help, and who is the sword of thy excellency! and thine enemies shall be found liars unto thee; and thou shalt tread upon their high places.

2 Samuel 22:3 The God of my rock; in him will I trust: he is my **shield**, and the horn of my salvation, my high tower, and my refuge, my saviour; thou savest me from violence.

2 Samuel 22:36 Thou hast also given me the **shield** of thy salvation: and thy gentleness hath made me great.

Psalms 3:3 But thou, O LORD, art a **shield** for me; my glory, and the lifter up of mine head.

Psalms 5:12 For thou, LORD, wilt bless the righteous; with favour wilt thou compass him as with a **shield**.

Psalms 18:35 Thou hast also given me the **shield** of thy salvation: and thy right hand hath holden me up, and thy gentleness hath made me great.

Psalms 28:7 The LORD is my strength and my **shield**; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.

Psalms 33:20 Our soul waiteth for the LORD: he is our help and our **shield**.

Psalms 59:11 Slay them not, lest my people forget: scatter them by thy power; and bring them down, O Lord our **shield**.

Psalms 84:9 Behold, O God our **shield**, and look upon the face of thine anointed.

Psalms 84:11 For the LORD God is a sun and **shield**: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly.

Psalms 91:4 He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy **shield** and buckler.

Psalms 115:9 O Israel, trust thou in the LORD: he is their help and their **shield**.

Psalms 115:10 O house of Aaron, trust in the LORD: he is their help and their **shield**.

Psalms 115:11 Ye that fear the LORD, trust in the LORD: he is their help and their **shield**.

Psalms 119:114 Thou art my hiding place and my **shield**: I hope in thy word.

Psalms 144:2 My goodness, and my fortress; my high tower, and my deliverer; my **shield**, and he in whom I trust; who subdueth my people under me.

Proverbs 30:5 Every word of God is pure: he is a **shield** unto them that put their trust in him.

Ephesians 6:16 Above all, taking the **shield** of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

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## [Family International Music](#)

### **Climb That Mountain**

1. [Nice to be Here](#)
2. [Make a Joyful Noise](#)
3. [Standing on the Promises](#)
4. [A Castle Made of Sand](#)

5. [I Sing to Him](#)
6. [Time of the Harvest](#)
7. [Faithful Men](#)
8. [Oh that Men Would Praise the Lord](#)
9. [I Will Sing of the Mercies of the Lord](#)
10. [Praise is the Victory](#)
11. [Climb that Mountain](#)
12. [16 We've Come this Far by Faith](#)
13. [18 I Will Bless the Lord at all Times](#)
14. [19 His Delight is in the Law of the Lord](#)
15. [17 I Love the Lord](#)
16. [Really Wanna Love Him](#)
17. [Whither Shall I Go?](#)

### **How to be Happy Anyhow by Simon Peter**

1. [How to Be Happy Anyway!](#)
2. [How to Be Happy Anyway!](#)
3. [How to Be Happy Anyway!](#)
4. [How to Be Happy Anyway!](#)

### **Say I love You a Hundred Times a Day**

1. ["Say I Love You"](#)
2. [Change the World](#)
3. [Peace in the Midst of a Storm](#)
4. [A Very Special Lady](#)
5. [I Don't Know How I Love You](#)
6. [I Can't Pay You Back](#)
7. [Just Believe in Love](#)
8. [In Everyway](#)
9. [Living Life is Loving You](#)
10. [Guardian Angel](#)
11. [Your Love is My Everything](#)
12. [You Are Everything to Me](#)
13. [He Put a New Song in My Heart](#)
14. [Gone](#)
15. [The Golden Age We've Waited Fo](#)
16. [I Believe](#)

### **Cloth Her Lightly**

1. [01 Clothe Her Lightly \(Instrumental\)](#)
2. [02 Never too Late for Love](#)
3. [03 My Day Begins with You \(Instrumental\)](#)

4. [04 Just a Little Love Song](#)
5. [05 Beauty for Ashes \(Instrumental\)](#)
6. [06 Mag I Camente](#)
7. [07 Let's Get Back to the Garden](#)
8. [08 Sweet Mystery of Life \(Instrumental\)](#)
9. [09 I'm the Love of God for You](#)
10. [10 Under the Shade of the Greenwood Tree \(Instrumental\)](#)
11. [11 You Are Here in My Heart](#)
12. [12 Houris of Heaven \(Instrumental\)](#)
13. [13 Love that Knows No Boundaries](#)
14. [14 Love Your Brother \(Instrumental\)](#)
15. [15 Come to Me](#)
16. [16 As the Waters Cover the Seas](#)
17. [17 New Life, New Love](#)

## **“Oasis of Love”**

1. [Track 1 Make My Heart Your Home](#)
2. [Track 2 Immortal Love](#)
3. [Track 3 Loveliness of You](#)
4. [Track 4 Garden of Heaven](#)
5. [Track 5 Closer](#)
6. [Track 6 Forward to Forever](#)
7. [Track 7 I love you](#)
8. [Track 9 My King and Lover](#)
9. [Track 10 Oasis of Love](#)
10. [Track 11 Early in the Morning](#)
11. [Track 12 You're Him to Me](#)
12. [Track 13 Just As I am](#)

## **Face the Wind**

1. [On Eagle's Wings](#)
2. [If You Ever Feel the Need](#)
3. [One Day at a Time](#)
4. [You Can Face Tomorrow](#)
5. [What Have I Done Today](#)
6. [Reach for the Sky](#)
7. [Another Year with You](#)
8. [One Life](#)
9. [Angel Wings](#)
10. [Busca Quien Amar](#)
11. [Don't Quench the Music](#)
12. [I'll Be Your Help.](#)

## Mosaic

1. [Rendezvous](#)
2. [Where He Leads](#)
3. [The Mercy God Shows](#)
4. [Hungry for Love](#)
5. [My Father](#)
6. [Reach the Lost](#)
7. [I Think of You](#)
8. [The Rider](#)
9. [I Start Falling](#)
10. [Without Love](#)
11. [Wind of Love](#)

## Portrait

1. [Portrait](#)
2. [Give You My All](#)
3. [Wine of Loving You](#)
4. [Moment with You](#)
5. [Today, More Than Yesterday](#)
6. [I'll Never Forget](#)
7. [Moments Spent with You](#)
8. [Take Me](#)
9. [The Mystery of You](#)
10. [Dedicate My Life to You](#)
11. [I Love Your Love](#)
12. [It Comes From You](#)
13. [Magnificent](#)

## Breakout

1. [Casting Down Imaginations](#)
2. [Be Strong](#)
3. [Think It Not Strange](#)
4. [Neither Give Place](#)
5. [Shall Have Mercy](#)
6. [Truth Shall Make You Free](#)
7. [Greater Is He](#)
8. [If Ye Have Love](#)
9. [Things He Suffered](#)
10. [Fight the Good Fight](#)
11. [Everlasting Love](#)
12. [No Man That Warreth](#)
13. [for This Purpose](#)
14. [No Temptation](#)

15. [The Author and Finisher](#)
16. [Come Out from Among Them](#)
17. [Labour Not](#)
18. [The World](#)
19. [Son of Man](#)
20. [Fruit of the Righteous](#)
21. [Woe Is Me](#)
22. [God and Mammon](#)
23. [Go](#)
24. [Cease Not](#)
25. [Friend of the World](#)
26. [Be Not Conformed](#)
27. [The Light](#)
28. [Teach All Nations](#)

## **Fear Not**

1. [The Lord Is My Shepherd](#)
2. [Fear Thou Not](#)
3. [Cast Thy Burden Upon The Lord](#)
4. [It Shall Not Come Nigh Thee](#)
5. [Blessed Are The Meek](#)
6. [I Will Lift Up Mine Eyes](#)
7. [My Strength Is Made Perfect](#)
8. [Poor And Needy Seek Water](#)
9. [I, John](#)
10. [God Is Our Refuge](#)
11. [If God Be For Us](#)
12. [Comforted Of God](#)
13. [Peace I Leave With You](#)
14. [I Have Loved Thee](#)
15. [Not In Despair](#)
16. [For I Reckon](#)
17. [Who Shall Separate Us?](#)
18. [Therefore Will I Deliver Him](#)
19. [Be Not Afraid](#)

## **“Precious Little” by Jeremy Spencer**

1. [Bitter Lemon](#)
2. [Psychic Waste](#)
3. [It Hurts Me Too](#)
4. [Please Don't Stop](#)
5. [Serene Serena](#)
6. [Dr. J](#)
7. [Bleeding Heart](#)
8. [Many Sparrows](#)

9. [Trouble and Woe](#)
10. [Maria de Santiago](#)
11. [Take and Give](#)
12. [Precious Little](#)

<http://jamesjpn.net/wp-content/uploads/2010/12/Flee.mp3>

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## [Testimonial of Deliverance from Prescription Pain-killers](#)



Dr. John Gideon Harnett's deliverance from pain killers which caused even more pain in the long run.

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## ["Microwave Ovens Will Kill You" – An Internet Hoax!](#)



I am blessed to have a friend who is a scientist, a university professor, *and* a Bible believing Christian, a [brother in Jesus Christ](#) who I can trust! His



name is [John Gideon Hartnett](#). On the evening of July 26, 2016, I read a post on Facebook warning of the dangers of consuming microwaved food. This is something I have heard about for years now and have believed. But because the article said that even drinking microwaved water is bad for you, I started to have doubts. The study of inorganic chemistry was my favorite subject in high school. I could see no scientific reasoning how microwaving water could possibly change it into something bad. It merely heats it. So decided to take the matter to my friend Dr. Hartnett and this is what he said:

It is not bad. There is no difference to boiling with a flame. It is plain crazy. The wavelength of the radiation is about 10 cm so that is the minimum length scale it could slice and dice. Water molecules are very small and are just heated by absorbing the radiation but as water not as molecules. The real safety concern is leakage. You don't want them leaking when you are standing there.

In other words, Dr. John G. Hartnett rejects the notion that eating food warmed or cooked in a microwave is bad.

My friends, it's been a long journey for me to find the truth about issues and avoiding sidetracks such as [flat earth theory](#). I used to regularly visit alternate news sites only to find out later that a lot of what I was reading is trash! I learned I can't even trust alternate media, let alone mainstream media. I've been guilty of forwarding false information and am now trying to be more discerning. The lesson for me is to check out the story and confirm it with reliable sources. The most trustworthy sources for me are individuals who I know are believers in the Word of God, the Bible.

Below is the first part of,

## **Debunking An Internet Hoax: What Science Really Says About Microwave Ovens, Your Food And Your Health**

**by Tom Venuto**

"Microwave ovens will kill you!" Or so they say... If you've ever surfed the internet for information on health and nutrition, there's little doubt you've come across scare stories about microwave ovens. Online natural health "experts" claim that microwaves will "zap" your food, deplete it of important nutrients and alter its molecular structure in dangerous ways. They also warn that microwave exposure and eating food cooked in microwave ovens will cause harm to your body and even cause cancer!

Is there any truth to any of these reports? Why are some people so paranoid about an appliance that has been used safely by millions of people for decades? Should you stop using a microwave oven for reheating leftovers, making frozen dinners or cooking your vegetables, potatoes, meat, oatmeal or other foods?

These are important questions because: A) your health is your number one

priority and B) the microwave oven, while it may not replace a conventional oven and certainly doesn't produce better tasting food, is unquestionably one of the greatest time savers and conveniences you can have in your kitchen.

You're not only about to get the answers, this also will be the last article about the microwave controversy you'll ever have to read because it demolishes the microwave myths with undeniable proof: facts, science and evidence... not urban legends and fear mongering.

### **What started all the internet scare stories?**

Rumors are often started and circulated on the internet without anyone ever confirming the source. Did you ever get one of those random emails that said something like, "10 reasons to throw out your microwave" and then forward it right on to a friend, just assuming it was true? (go ahead, fess up).

A large part of all the microwave alarmism today can be traced back to a single story that was spread on the internet until it went viral and was eventually accepted as factual. It's the story of the infamous "Swiss research" done by "food researcher" Hans Hertel, who allegedly performed his own private study to see how microwaved foods affected the results of blood tests. A typical iteration of the story goes like this:

"The use of microwave ovens in cooking can alter the structure of nutrients in foods, making it difficult for the organism to make use of them. Hertel discovered that food cooked or thawed in a microwave oven could cause changes in the blood, indicating that a process of illness is developing. SIMILAR CHANGES ARE ALSO FOUND IN THE CASE OF CANCER."

As with most alarmist nutrition nonsense on the net, this one also involves the ubiquitous conspiracy theory. The story continues:

"The best studies about the use of microwaves to heat food were purposely kept from consumers. Hertel was efficiently "gagged" by Swiss microwave oven producers. For over 10 years, Hertel has fought for the right to tell the world what he'd discovered."

Actually the best studies are NOT kept from consumers, they are peer reviewed, replicated and published in scientific journals where we can actually look them up. Alas, we cannot access Hertel's "research" to judge its validity because it was never published.

In fact, by Hertel and his follower's own accounts, this "study" was just himself, Bernard Blanc (who later recanted) and six of their buddies who locked themselves in a hotel room and conducted a personal and arguably non-scientific and non-controlled experiment. This is not real research; it was never verified or replicated by other researchers. Yet you see Hertel quoted in almost every "microwaves equal death" article on the Internet, a good tipoff that everything else in the article is suspect as well.

### **Microwave ovens, radiation and the cancer scare**

One tactic used by microwave scaremongers is to instill fears about radiation and cancer. When people hear the word radiation, they tend to freak out. I suspect that even people who understand that we're not talking about a nuclear accident, gamma rays or x rays still have an uncomfortable feeling about "radiation" cooking their food (after all, we call it "nuking" right?)

But when we talk about microwave "radiation" we are simply talking about production of thermal energy, aka, heat. Radiation and radioactive are NOT the same thing. Celeste Robb-Nicholson, M.D. from the Harvard Health Review explains:

"Microwaves do not cause cancer. They're a form of non-ionizing radiation and thus cannot ionize tissue. Microwave ovens use low-frequency waves of electrical and magnetic energy to produce heat to cook food. They don't make food radioactive, nor do they trigger cancer-causing genetic mutations."

A search of the medical literature brings up absolutely nothing linking microwave cooking to cancer.

The research says that concern over cancer causing compounds such as heterocyclic amines (HCAs), and polycyclic aromatic hydrocarbons), would be better directed toward educating consumers on the charring and blackening that occurs when grilling or barbecuing muscle meats, rather than cooking the meat in microwave ovens.

In fact, cooking in a microwave can actually REDUCE the formation of HCAs. This quote comes from the National Cancer Institute ([www.cancer.gov](http://www.cancer.gov)):

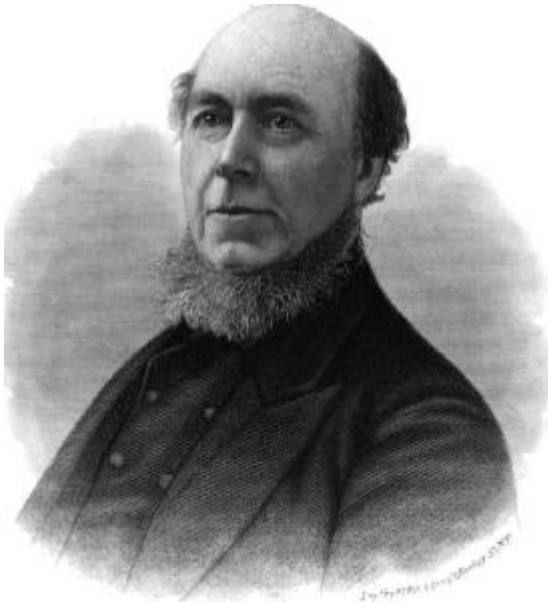
"Studies have shown that microwaving meat prior to cooking helps to decrease mutagens by removing the precursors. Meats that were microwaved for 2 minutes prior to cooking had a 90-percent decrease in HCA content."

Read the rest from

<http://www.burnthefatblog.com/archives/2011/07/what-science-really-says-about-microwave-ovens.php>

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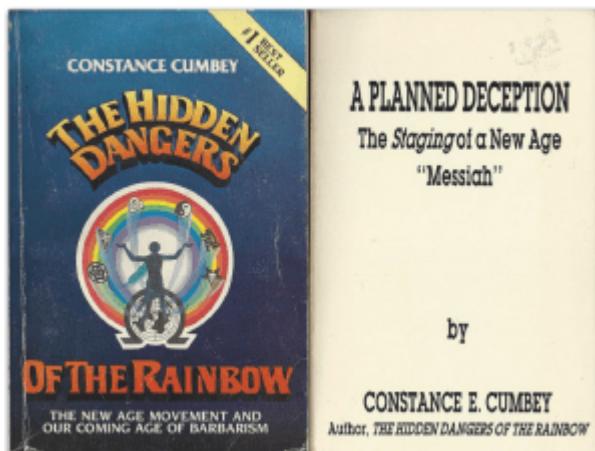
## [Charles Chiniquy Becomes Motivated to Stop Drinking](#)



Alcohol has probably killed more people directly or indirectly than any other substance in history.

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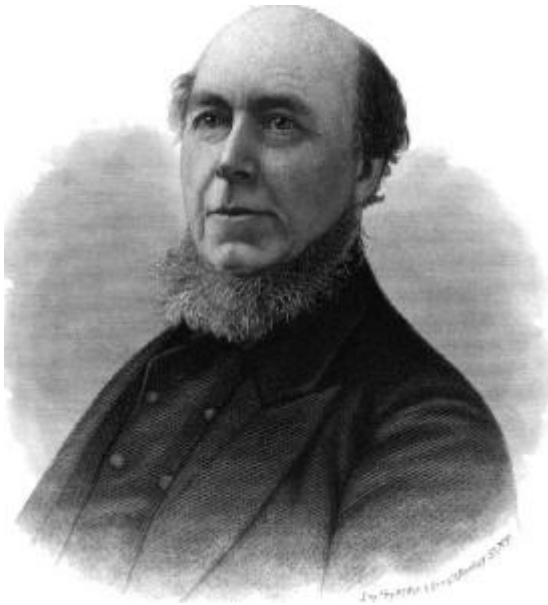
## [Alien Abductions and How to Stop Them](#)



This Youtube exposes UFOs and aliens to be not from other planets as the aliens claim themselves to be, but spiritual entities who seek to deceive the world into thinking that they, the aliens, are the creators of life, and to draw people away from the faith of the God of the Bible and the truth of the Gospel. They can be stopped in their tracks simply by calling on the Name of Jesus!

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## Young Catholic priest Charles Chiniquy stands up to the Bishop for his convictions against drinking alcohol



Charles Chiniquy

This is one of my favorite stories from [Charles Chiniquy's book, "Fifty Years in the Church of Rome"](#) taken from chapter 35. I think Chiniquy had an amazing amount of courage and conviction to not compromise his stand against drinking considering the crowd of people he was with which included the Archbishop!

Charles P. Chiniquy (30 July 1809 – 16 January 1899) was a Canadian Catholic priest who was twice suspended from his priestly ministry (because he stood up from his convictions based on the Bible) and finally excommunicated as a schismatic. He then became a Presbyterian pastor and led his entire flock (a thousand families) of St. Anne Illinois away from the darkness of Romanism into the glorious light of the Gospel of Jesus Christ! He is known for his lurid accusations against the Roman Catholic Church. In the period between 1885 and 1899 he was the focus of a great deal of discussion in the United States of America. During the 1880s his conspiracy theories included his claim to have **exposed the Jesuits as the assassins of President Abraham Lincoln**, and that, **if unchecked, the Jesuits could eventually politically rule the United States!** (Edited from the Wikipedia article about him.)

If you or anybody you know has a problem with alcohol, I recommend reading "The Easy Way to Stop Drinking" by Allen Carr. It gives great insights can save an alcoholic to the point he will stop drinking and won't need further support from anybody.

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Some days later, the Bishop of Nancy was in Quebec, the guest of the

Seminary, and a grand dinner was given in his honour, to which more than one hundred priests were invited, with the Archbishop of Quebec, his coadjutor, N. G. Turgeon, and the Bishop of Montreal, M.Q.R. Bourget.

As one of the youngest curates, I had taken the last seat, which was just opposite the four bishops, from whom I was separated only by the breadth of the table. When the rich and rare viands had been well disposed of, and the more delicate fruits had replaced them, bottles of the choicest wines were brought on the table in incredible numbers. Then the superior of the college, the Rev. Mr. Demars, knocked on the table to command silence, and rising on his feet, he said, at the top of his voice, "Please, my lord bishops, and all of you, reverend gentlemen, let us drink to the health of my Lord Count de Forbin Janson, Primate of Lorraine and Bishop of Nancy.

The bottles passing around were briskly emptied into the large glasses put before everyone of the guests. But when the wine was handed to me I passed it to my neighbour without taking a drop, and filled my glass with water. My hope was that nobody had paid any attention to what I had done; but I was mistaken. The eyes of my bishop, my Lord Signaie, were upon me. With a stern voice, he said: "Mr. Chiniquy, what are you doing there? Put wine in your glass, to drink with us the health of Mgr. de Nancy."

These unexpected words fell upon me as a thunderbolt, and really paralyzed me with terror. I felt the approach of the most terrible tempest I had ever experienced. My blood ran cold in my veins; I could not utter a word. For what could I say there, without compromising myself for ever. To openly resist my bishop, in the presence of such an august assembly, seemed impossible; but to obey him was also impossible; for I had promised God and my country never to drink any wine. I thought, at first, that I could disarm my superior by my modesty and my humble silence. However, I felt that all eyes were upon me. A real chill of terror and unspeakable anxiety was running through my whole frame. My heart began to beat so violently that I could not breathe. I wished then I had followed my first impression, which was not to come to that dinner. I think I would have suffocated had not a few tears rolled down from my eyes, and help the circulation of my blood. The Rev. Mr. Lafrance, who was by me, nudged me, and said, "Do you not hear the order of my Lord Signaie? Why do you not answer by doing what you are requested to do?" I still remained mute, just as if nobody had spoken to me. My eyes were cast down; I wished then I were dead. The silence of death reigning around the tables told me that everyone was waiting for my answer; but my lips were sealed. After a minute of that silence, which seemed as long as a whole year, the bishop, with a loud and angry voice, which filled the large room, repeated: "Why do you not put wine in your glass, and drink to the health of my Lord Forbin Janson, as the rest of us are doing?"

I felt I could not be silent any longer. "My lord," I said, with a subdued and trembling voice, "I have put in my glass what I want to drink. I have promised God and my country that I would never drink any more wine."

The bishop, forgetting the respect he owed to himself and to those around him, answered me in the most insulting manner: "You are nothing but a fanatic, and you want to reform us."

These words struck me as the shock of a galvanic battery, and transformed me into a new man. It seemed as if they had added ten feet to my stature and a thousand pounds to my weight. I forgot that I was the subject of that bishop, and remembered that I was a man, in the presence of another man. I raised my head and opened my eyes, and as quick as lightning I rose to my feet, and addressing the Grand Vicar Demars, superior of the seminary, I said, with calmness, "Sir, was it that I might be insulted at your table that you have invited me here? Is it not your duty to defend my honour when I am here, your guest? But, as you seem to forget what you owe to your guests, I will make my own defense against my unjust aggressor." Then, turning towards the Bishop de Nancy, I said: "My Lord de Nancy, I appeal to your lordship from the unjust sentence of my own bishop. In the name of God, and of His Son, Jesus Christ, I request you tell us here if a priest cannot, for His Saviour's sake, and for the good of his fellow-men, as well as for his own self-denial, give up for ever the use of wine and other intoxicating drinks, without being abused, slandered, and insulted, as I am here, in your presence?"

It was evident that my words had made a deep impression on the whole company. A solemn silence followed for a few seconds, which was interrupted by my bishop, who said to the Bishop de Nancy, "Yes, yes, my lord; give us your sentence."

No words can give an idea of the excitement of everyone in that multitude of priests, who, accustomed from their infancy abjectly to submit to their bishop, were, for the first time, in the presence of such a hand-to-hand conflict between a powerless, humble, unprotected, young curate, and his all-powerful, proud, and haughty archbishop.

The Bishop of Nancy at first refused to grant my request. He felt the difficulty of his position; but after Bishop Signaie had united his voice to mine, to press him to give his verdict, he rose and said:

"My Lord Archbishop of Quebec, and you, Mr. Chiniquy, please withdraw your request. Do not press me to give my views on such a new, but important subject. It is only a few days since I came in your midst. It will not do that I should so soon become your judge. The responsibility of a judgment in such a momentous matter is too great. I cannot accept it."

But when the same pressing request was repeated by nine-tenths of that vast assembly of priests, and that the archbishop pressed him more and more to pronounce his sentence, he raised his eyes and hands to heaven, and made a silent but ardent prayer to God. His countenance took an air of dignity, which I might call majesty, which gave him more the appearance of an old prophet than of a man of our day. Then casting his eyes upon his audience, he remained a considerable time meditating. All eyes were upon him, anxiously waiting for the sentence. There was an air of grandeur in him at that moment, which seemed to tell us that the priest blood of the great kings of France was flowing in his veins. At last, he opened his lips, but it was again pressingly to request me to settle the difficulty with the archbishop among ourselves, and to discharge him of that responsibility. But we both refused again to grant him his request, and pressed him to give his judgment. All this time I was standing, having publicly said that I would never sit again

at that table unless that insult was wiped away.

Then he said with unspeakable dignity: "My Lord of Quebec! Here, before us, is our young priest, Mr. Chiniquy, who, once on his knees, in the presence of God and his angels, for the love of Jesus Christ, the good of his own soul and the good of his country, has promised never to drink! We are the witnesses that he is faithful to his promise, though he has been pressed to break it by your lordship. And because he keeps his pledge with such heroism, your lordship has called him a fanatic! Now, I am requested by everyone here to pronounce my verdict on that painful occurrence. Here it is. Mr. Chiniquy drinks no wine! But, if I look through the past ages, when God Himself was ruling His own people, through His prophets, I see Samson, who, by the special order of God, never drank wine or any other intoxicating drink. If from the Old Testament I pass to the New, I see John the Baptist, the precursor of our Saviour, Jesus Christ, who, to obey the command of God, never drank any wine! When I look at Mr. Chiniquy, and see Samson at his right hand to protect him, and John the Baptist at his left to bless him, I find his position so strong and impregnable, that I would not dare attack or condemn him!" These words were pronounced in the most eloquent and dignified manner, and were listened to with a most respectful and breathless attention.

Bishop de Nancy, keeping his gravity, sat down, emptied his wine glass into a tumbler, filled it with water and drank to my health.

The poor archbishop was so completely confounded and humiliated that everyone felt for him. The few minutes spent at the table, after this extraordinary act of justice, seemed oppressive to everyone. Scarcely anyone dared look at his neighbour, or speak, except in a low and subdued tone, as when a great calamity has just occurred. Nobody thought of drinking his wine; and the health of the Bishop de Nancy was left undrunk. But a good number of priests filled their glasses with water, and giving me a silent sign of approbation, drank to my health. The society of temperance had been dragged by her enemies to the battle-field, to be destroyed; but she bravely fought, and gained the victory. Now, she was called to begin her triumphant march through Canada.

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## **Fushishima Nuclear Power Plant Disaster and the Media: Distortions, hype and pure lies!**





I still hear a lot of fear-mongering about the Fukushima nuclear accident. Some call it “worse than Chernobyl”. I find no logic in that statement at all. Two and a half years later and yet **not a single Fukushima power plant worker has died** or is even *sick*!

Examples of fear-mongering media manipulation headlines:

- Worse than Chernobyl: The inner threat of Fukushima crisis
- Nuclear disaster: Radiation levels at Fukushima would now be fatal within hours
- West Coast of North America to Be Hit Hard by Fukushima Radiation
- Fukushima Radiation Release Equivalent To 1,000 A-Bombs
- Fukushima leak is ‘much worse than we were led to believe’

Folks, I live in Niigata Prefecture which is the neighboring prefecture to Fukushima. If people were dying or getting sick from nuclear radiation in Fukushima, I would hear the locals talk about it. Nobody is. See [Japan's radiation disaster toll: none dead, none sick](#)

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## [The Cure for Loneliness](#)



God didn't intend for people to be lonely or to live alone. He intended for us to live, love and share our lives TOGETHER with OTHERS in FAMILIES.

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## Overcoming caffeine addiction



✘ I read on a friend's blog that since she stopped drinking coffee, her energy level increased. I did a Google search with the words, "evils of coffee" and found: [Coffee: The Great Energy Sapper](#) By Frédéric Patenaude. I also found, Caffeine Blues: Ten Ways Caffeine Harms Your Health and How To Kick The Habit These two articles inspired me to stop drinking all caffeinated drinks cold turkey from Tuesday, April 23rd.

"The energy we get from caffeine is similar to the "energy" a horse gets when whipped. It is not energy gained but power spent responding to an injury."  
Quote from <http://www.alivefoods.com/coffee.html>

In order to break a life long habit of drinking a cup of coffee the first thing after waking up in the morning, I used a method known as "behavior modification." I took the dog out on for a walk and enjoy some fresh air and scenes of God's beautiful creation (I live in the country). I hear behavior modification doesn't work in the long term for addictions that come from natural desires, but like drinking alcohol, the desire for caffeine is *not* natural. Both are addictive mood changing chemicals the body does better without.

I felt depressed and uninspired the first three days after putting an end to a daily caffeine intake which spanned decades, but from the fourth day, Friday, I felt much better and was inspired enough to write this post!

Yesterday during my bi-monthly Thursday evening English teaching class, a perfect opportunity presented itself to tell my students about the evils of caffeine: There wasn't any coffee on hand for the students as there usually is. In the two years I've been teaching this class, there has always been coffee available for the students and the teacher. I told the class that I quit drinking coffee and all drinks and substances that contain caffeine including black and green tea and even chocolate. "Why?" a lady asked. "Because," I replied, "caffeine is an addictive poisonous *drug* that does me no good whatsoever!" It's hard to describe their negative reaction to that statement. It was as if I told them **they were all drug addicts!** None of the 9

students present agreed with me about the benefits of stopping caffeine. But they thought it was interesting when I told them the “energy” we get from caffeine is the same energy as a horse feels when you *whip it!*

Did you know 80% of the world is addicted to caffeine? Did you know that coffee is the number one money making crop in the world? Did you know coffee companies have a vested interest in getting and keeping you addicted to caffeine? If you didn't know that, check out the book, [Caffeine Blues](#). I just ordered it myself from Amazon.

Somebody said, “*Change begins with knowledge.*” I certainly find that true in my life.

## **Caffeine consumption is dangerous for health**

The following information is from the book, “Caffeine Blues” by Stephen Cherniske, M.S. and specifically from Chapter 5, “Specific Health Disorders: The Caffeine Connection” and chapter 6 “Caffeine and Women's Health”

### **Habitual caffeine intake is linked to:**

- Cardiovascular disease (heart attacks, stroke)
- Gastrointestinal disease (Irritable Bowel Syndrome, ulcers, etc.)
- Migraine headache
- Diabetes
- Osteoporosis
- Anemia
- Premenstrual Syndrome
- Fibrocystic Breast Disease
- Breast cancer
- Birth defects
- Adrenal dysfunction disorders such as allergies, asthma, fibromyalgia, chronic fatigue syndrome and autoimmune disease
- Urinary and prostate problems
- Gout

“Compared to men, research shows that caffeine is much more damaging to women, producing adverse effects at lower intake.” –  
From Caffeine Blues Chapter 6 p. 225

Also see: [http://www.naturalnews.com/012352\\_caffeine\\_coffee.html](http://www.naturalnews.com/012352_caffeine_coffee.html)

**May 7th update:** It's been 2 weeks since I quit drinking coffee and all caffeine containing beverages. I feel better. I rejoice to face life without the caffeine drug. I feel I found a key to answers to my problems, something that has been eluding me for the past 3 decades!

Today I found a good resource that says the same things as [Caffeine Blues](#)  
It's concise and short:

[http://www.hflsolutions.com/ne/free\\_articles/CaffeineProblems\\_Top10.pdf](http://www.hflsolutions.com/ne/free_articles/CaffeineProblems_Top10.pdf) I printed it out to share with a Japanese friend, a 20 year old lady in medical school studying to be a doctor. I know she drinks coffee.

**October 10 update:** I'm still "off the bean" and feeling better than ever! The morning coffee habit is now a distant memory.

**January 13, 2014 update:** While hitchhiking back home standing at an expressway service area in Fukushima Prefecture, a driver offered me a can of strong black coffee, the kind I used to like to drink. It had been 9 months since I quit coffee. Because I was cold and the coffee was warm and because I thought to experiment to see what effect it would have on me, I drank it. Within a few minutes I felt that caffeine "high" I hadn't felt in a very long time, even when I was drinking coffee! But after about an hour when the high wore off, I was left with an uncomfortable and uneasily jittery type of feeling. Next time I'm offered coffee, I will not drink it.

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## [Neurosurgeon: Consequence of Obama Care on patients over 70](#)



On Nov. 22, 2011, Mark Levin the host of a Chicago's WLS radio talk show received a phone call from a neurosurgeon. According to the neurosurgeon, under Obama's health care plan, patients are called "units" and all patients over 70 years of age who need advanced neurosurgery will be given "comfort care" instead! Comfort care: "Medical care that is focused on relieving symptoms and optimizing patient comfort. Comfort care does not seek to cure or aggressively treat illness or disease." (Definition from <http://dying.about.com/od/glossary/g/Comfort-Care.htm>) In other words, patients over 70 needing advanced brain surgery to save their lives will be denied the surgeon's care!

Listen to the short 4 minute 47 second audio:

[Phone\\_call\\_from\\_Neurosurgeon\\_32bps1](#)

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## Percentage of Obese People per Country



The charts show the percentage of obese people per population among 34 nations of the world.

I found this data and the Japanese chart from <http://www2.ttcn.ne.jp/honkawa/2220.html>

Japan is the lowest with only 3.5% of the population and America is the highest with a whopping 35.9%! S. Korea is only 4.1% whereas Mexico is 30%. North Americans definitely eat too much sugar!



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## Bruce Lipton explains the placebo effect and why most modern medical practices are not based on true science



I was truly amazed and impressed by this talk by Dr. Bruce Lipton! He explains why modern medical practices are still based on old outdated 19th century science because it does not include the principles of quantum mechanics. The medical world, especially in the USA, is stuck in a rut because of the influence of pharmaceutical companies and their monetary motivations. If you have a chronic illness of either a physical, mental, or spiritual nature, please do yourself a favor by taking 30 minutes to sit down and listen to this talk.

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## [The Food Additive MSG is a Slow Poison](#)



The food additive MSG (Mono-Sodium Glutamate) is a slow poison. MSG hides behind 25 or more names, such as Natural Flavoring." MSG is even in your favorite coffee from Tim Horton's and Starbucks coffee shops!

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## Germs cause cancer!



✘ “The idea that bacteria cause cancer is considered preposterous by most physicians. However, despite the antagonistic view of the American Cancer Society and medical science, there is ample evidence in the published peer-reviewed literature that strongly suggests that ‘cancer microbes’ cause cancer.” – Alan Cantwell, MD. [Read the rest of this article.](#)