

1
00:00:06,349 --> 00:00:14,119
welcome to the skeptic zone the podcast

2
00:00:09,509 --> 00:00:14,120
from Australia for science and reason

3
00:00:20,679 --> 00:00:28,570
hello and welcome to the skeptic zone

4
00:00:24,070 --> 00:00:31,099
episode 334 the 15th in February 2015

5
00:00:28,570 --> 00:00:33,049
this is Joe alabaster here from the

6
00:00:31,099 --> 00:00:35,659
beautiful Blue Mountains in Australia

7
00:00:33,049 --> 00:00:37,549
filling in for Richard Saunders it's

8
00:00:35,659 --> 00:00:40,579
been busy this week updating the

9
00:00:37,549 --> 00:00:42,530
skeptics own website the new design is

10
00:00:40,579 --> 00:00:46,670
going live as this episode goes to air

11
00:00:42,530 --> 00:00:51,558
some go and have a look ww skeptics on

12
00:00:46,670 --> 00:00:54,859
TV coming up on this week's show Maynard

13
00:00:51,558 --> 00:00:57,049
spooky action this week Maynard chats

14
00:00:54,859 --> 00:00:59,149
with dr. Brad Mackay from embarrassing

15
00:00:57,049 --> 00:01:02,088
bodies down under who gave a talk at

16
00:00:59,149 --> 00:01:04,879
Sydney skeptics in the pub what is his

17
00:01:02,088 --> 00:01:08,679
take as a GP on some of the more popular

18
00:01:04,879 --> 00:01:11,060
forms of so-called alternative medicines

19
00:01:08,680 --> 00:01:12,440
we also find out what a group of

20
00:01:11,060 --> 00:01:15,560
pharmacists who are in the audience

21
00:01:12,439 --> 00:01:17,090
think of woo in chemist shops and Iran's

22
00:01:15,560 --> 00:01:20,900
gift gives his thoughts on the

23
00:01:17,090 --> 00:01:23,780
retirement of James Randi after that

24
00:01:20,900 --> 00:01:26,180
Richard chats to dr. Steve Roberts also

25
00:01:23,780 --> 00:01:29,450
known as dr. Bob of dr. Bob's trivia

26
00:01:26,180 --> 00:01:32,630
quiz and asks where have all the UFOs

27
00:01:29,450 --> 00:01:35,500
gone following that it's the popular

28
00:01:32,629 --> 00:01:40,218
segment awaken science from our iOS and

29

00:01:35,500 --> 00:01:42,228
finally it's evidence please with me my

30
00:01:40,218 --> 00:01:44,750
report this week includes something of a

31
00:01:42,228 --> 00:01:49,099
book review of stephanie messengers

32
00:01:44,750 --> 00:01:52,069
Melanie's marvelous measles well it's

33
00:01:49,099 --> 00:01:54,199
time for me to run downstairs and into

34
00:01:52,069 --> 00:01:56,809
my back garden as I live in a

35
00:01:54,200 --> 00:01:58,249
single-story house on a mountain perhaps

36
00:01:56,810 --> 00:02:01,340
I'll sit on the lawn and have a picnic

37
00:01:58,248 --> 00:02:04,118
while I'm doing that please enjoy the

38
00:02:01,340 --> 00:02:04,118
skeptics zone

39
00:02:16,150 --> 00:02:23,550
here's my not spooky action at the

40
00:02:21,128 --> 00:02:26,199
distance

41
00:02:23,550 --> 00:02:27,969
we just been listening to dr. Brad do

42
00:02:26,199 --> 00:02:29,739
his talk I had to call you Doogie Howser

43
00:02:27,969 --> 00:02:34,569

when I heard that you went to uni at 16

44

00:02:29,740 --> 00:02:36,939

I started University 116 yeah so is a

45

00:02:34,569 --> 00:02:39,639

very aged reference may not oh yeah i

46

00:02:36,939 --> 00:02:41,560

know because people know hun 33 people

47

00:02:39,639 --> 00:02:43,389

went oh and the other people went shut

48

00:02:41,560 --> 00:02:45,310

up they nod there was a lot of

49

00:02:43,389 --> 00:02:47,619

reflection and understanding from

50

00:02:45,310 --> 00:02:49,180

everyman's you look so you had fantastic

51

00:02:47,620 --> 00:02:51,340

marks in high schools that part of the

52

00:02:49,180 --> 00:02:54,610

reason and you had a real aptitude yeah

53

00:02:51,340 --> 00:02:56,379

yeah I studied very hard and I spent a

54

00:02:54,610 --> 00:02:59,140

lot of time in my bedroom looking at

55

00:02:56,379 --> 00:03:00,250

books from reading so much better than

56

00:02:59,139 --> 00:03:02,949

the books that I were looking at

57

00:03:00,250 --> 00:03:04,810

obviously I think look at dr. bad I've

58
00:03:02,949 --> 00:03:06,009
had people on Twitter already saying I

59
00:03:04,810 --> 00:03:07,360
had to interview because people were

60
00:03:06,009 --> 00:03:08,409
fascinated about what you were doing

61
00:03:07,360 --> 00:03:09,940
there you were giving us some case

62
00:03:08,409 --> 00:03:11,590
studies where people have offered

63
00:03:09,939 --> 00:03:13,389
alternative medicine to the regular

64
00:03:11,590 --> 00:03:15,099
medicine but frankly everything you put

65
00:03:13,389 --> 00:03:16,449
up on the screen I think could have been

66
00:03:15,099 --> 00:03:19,989
either fixed with a prescription of

67
00:03:16,449 --> 00:03:22,299
dexamphetamine or MDMA well it's

68
00:03:19,989 --> 00:03:24,280
depression and a bang I'm feeling bit

69
00:03:22,300 --> 00:03:26,709
sluggish to detect amphetamine I'm no

70
00:03:24,280 --> 00:03:28,810
doctor but you know there are a lot of

71
00:03:26,709 --> 00:03:31,060
vague symptoms that people have and

72
00:03:28,810 --> 00:03:34,539
people will struggle with low mood or

73
00:03:31,060 --> 00:03:36,129
with low energy levels or different skin

74
00:03:34,539 --> 00:03:37,329
conditions and so a lot of people are

75
00:03:36,129 --> 00:03:39,789
trying to find answers and they haven't

76
00:03:37,330 --> 00:03:41,560
found it in the regular medical circles

77
00:03:39,789 --> 00:03:43,150
so that will often look at other

78
00:03:41,560 --> 00:03:44,439
alternative therapies because they

79
00:03:43,150 --> 00:03:46,870
haven't got their answers from what

80
00:03:44,439 --> 00:03:48,870
they're wanting my principle is to

81
00:03:46,870 --> 00:03:50,860
listen to people and to understand

82
00:03:48,870 --> 00:03:52,810
really get to the bottom of what's going

83
00:03:50,860 --> 00:03:54,910
on and often will find a problem and be

84
00:03:52,810 --> 00:03:56,920
able to fix it so this is one of the

85
00:03:54,909 --> 00:03:58,449
respect I have for GPS is cuz you at the

86

00:03:56,919 --> 00:04:00,578
front line of this and one of the

87
00:03:58,449 --> 00:04:02,889
examples you gave was that you just come

88
00:04:00,579 --> 00:04:05,140
back from holidays women came in with

89
00:04:02,889 --> 00:04:07,359
thyroid issues ng asked you how

90
00:04:05,139 --> 00:04:09,729
thyroxine made what is the background to

91
00:04:07,360 --> 00:04:11,769
it and you've got at what six minutes 15

92
00:04:09,729 --> 00:04:13,479
minutes and you've got to give out this

93
00:04:11,769 --> 00:04:14,769
information and that's very difficult

94
00:04:13,479 --> 00:04:17,409
for you it's like you've got to be a

95
00:04:14,769 --> 00:04:19,298
walking instant encyclopedia yeah and as

96
00:04:17,410 --> 00:04:21,160
a GP your knowledge is very broad and so

97
00:04:19,298 --> 00:04:22,569
you need to know a lot about a whole lot

98
00:04:21,160 --> 00:04:24,290
of different things so one of my

99
00:04:22,569 --> 00:04:25,939
interest areas has really been

100
00:04:24,290 --> 00:04:28,370

alternative therapies and what is that

101

00:04:25,939 --> 00:04:29,959

and what's the quality of it what what

102

00:04:28,370 --> 00:04:31,280

are the studies behind it so I probably

103

00:04:29,959 --> 00:04:33,049

have more of an interest in it than

104

00:04:31,279 --> 00:04:34,849

other people and can give more of an

105

00:04:33,050 --> 00:04:36,920

opinion and when people ask me questions

106

00:04:34,850 --> 00:04:39,290

like how is the oxen made I'm they going

107

00:04:36,920 --> 00:04:41,090

oh crap I don't know so so if you're

108

00:04:39,290 --> 00:04:42,319

looking it up and researching then you

109

00:04:41,089 --> 00:04:44,209

can know the answers to it and then it

110

00:04:42,319 --> 00:04:47,029

gets stored but yeah that's sort of

111

00:04:44,209 --> 00:04:48,680

having that constant looking and reading

112

00:04:47,029 --> 00:04:50,479

and being up to date with it so the

113

00:04:48,680 --> 00:04:53,350

success rate do you have with weaning

114

00:04:50,480 --> 00:04:55,670

people off non evidence-based medicine I

115
00:04:53,350 --> 00:04:57,080
think it's very difficult I think of

116
00:04:55,670 --> 00:04:59,150
people are getting a benefit or a

117
00:04:57,079 --> 00:05:00,680
perceived benefit it's very difficult to

118
00:04:59,149 --> 00:05:02,000
tell them that they're not getting a

119
00:05:00,680 --> 00:05:04,550
benefit from it or that it's only

120
00:05:02,000 --> 00:05:06,860
placebo because they've got a belief or

121
00:05:04,550 --> 00:05:08,840
a faith in what's going on well they may

122
00:05:06,860 --> 00:05:10,699
be getting a mile benefit or it might

123
00:05:08,839 --> 00:05:12,560
work for them but not the next person as

124
00:05:10,699 --> 00:05:15,110
well and so it's quite a complex

125
00:05:12,560 --> 00:05:17,329
situation so I think it's worthwhile

126
00:05:15,110 --> 00:05:19,610
taking people at face value and saying

127
00:05:17,329 --> 00:05:21,829
okay well what's going on if you're

128
00:05:19,610 --> 00:05:23,900
trying this their energy you're feeling

129
00:05:21,829 --> 00:05:25,849
that it's got this benefit then let's

130
00:05:23,899 --> 00:05:27,649
try off it for a couple of weeks and see

131
00:05:25,850 --> 00:05:29,180
how you feel then we'll try back on it

132
00:05:27,649 --> 00:05:31,370
again let's try something different and

133
00:05:29,180 --> 00:05:33,470
tried to prove or disprove what's

134
00:05:31,370 --> 00:05:35,420
working what's not working through our

135
00:05:33,470 --> 00:05:36,320
listeners playing along at home could

136
00:05:35,420 --> 00:05:38,000
you give them just one of the examples

137
00:05:36,319 --> 00:05:39,740
that you throw up on the screen then

138
00:05:38,000 --> 00:05:42,319
just just tell us what it is and what

139
00:05:39,740 --> 00:05:45,550
you did is there one you like you'd like

140
00:05:42,319 --> 00:05:47,839
it to us now well my favorite is cupping

141
00:05:45,550 --> 00:05:49,129
which I thought was like spooning I

142
00:05:47,839 --> 00:05:51,289
thought gray it's like going to be a

143

00:05:49,129 --> 00:05:53,240
cuddling thing of it now no not at all

144
00:05:51,290 --> 00:05:55,189
so here's a lot of people find that

145
00:05:53,240 --> 00:05:56,750
they're not getting anywhere with their

146
00:05:55,189 --> 00:05:59,060
treatment if they've got low back pain

147
00:05:56,750 --> 00:06:00,680
or the upper thoracic back pain or

148
00:05:59,060 --> 00:06:03,530
whatever's going on if they've got a

149
00:06:00,680 --> 00:06:05,629
cold then people often offer to do

150
00:06:03,529 --> 00:06:08,479
cupping which is basically sticking cups

151
00:06:05,629 --> 00:06:11,689
to your skin and either using suction or

152
00:06:08,480 --> 00:06:14,030
heat to suck up your skin up into the

153
00:06:11,689 --> 00:06:18,079
cup or a large version of getting a

154
00:06:14,029 --> 00:06:20,179
nasty Hickey when you're 14 yeah so by

155
00:06:18,079 --> 00:06:22,219
getting a hickey on your back that is

156
00:06:20,180 --> 00:06:23,930
apparently beneficial and getting rid of

157
00:06:22,220 --> 00:06:25,940

colds getting rid of your fever I'm

158

00:06:23,930 --> 00:06:28,280

getting rid of toxins from your skin

159

00:06:25,939 --> 00:06:30,379

when if you're basically sucking on your

160

00:06:28,279 --> 00:06:31,099

skin you'll you'll get up like a mouth

161

00:06:30,379 --> 00:06:33,259

full of sweat

162

00:06:31,100 --> 00:06:34,640

if you're sucking on it directly if

163

00:06:33,259 --> 00:06:36,800

you've got a cup then you might get some

164

00:06:34,639 --> 00:06:38,569

sweat or you'll just be breaking blood

165

00:06:36,800 --> 00:06:41,090

vessels and creating a lot of bruising

166

00:06:38,569 --> 00:06:43,459

so and that's what I get horrified with

167

00:06:41,089 --> 00:06:45,769

when people have decorative bruising all

168

00:06:43,459 --> 00:06:47,509

over their back for not any benefit this

169

00:06:45,769 --> 00:06:49,399

is a little bit like a distraction like

170

00:06:47,509 --> 00:06:50,629

acupuncture is like the actual act of

171

00:06:49,399 --> 00:06:53,000

doing this will distract people from

172
00:06:50,629 --> 00:06:54,319
what symptoms they have as an issue well

173
00:06:53,000 --> 00:06:56,180
a lot of people talk about acupuncture

174
00:06:54,319 --> 00:06:58,279
or cupping or any other modality and

175
00:06:56,180 --> 00:07:00,050
think well if they're lying down and

176
00:06:58,279 --> 00:07:01,759
they can't move because they've got

177
00:07:00,050 --> 00:07:04,310
needles in them or they've got cups

178
00:07:01,759 --> 00:07:06,529
sucking their skin up on their back then

179
00:07:04,310 --> 00:07:09,230
they have to just lie there and not

180
00:07:06,529 --> 00:07:11,689
think about things and relax which a lot

181
00:07:09,230 --> 00:07:12,920
of people don't do these days so is it

182
00:07:11,689 --> 00:07:15,379
more that there's a benefit from

183
00:07:12,920 --> 00:07:18,699
meditating or that there's a benefit

184
00:07:15,379 --> 00:07:21,139
from lying there still and just

185
00:07:18,699 --> 00:07:22,339
quietening down for the day is that

186

00:07:21,139 --> 00:07:23,839

what's doing the benefit or is it

187

00:07:22,339 --> 00:07:25,849

because they're getting a whole lot of

188

00:07:23,839 --> 00:07:28,459

nikki's on the back look cupping you're

189

00:07:25,850 --> 00:07:30,830

getting close to bloodletting and you're

190

00:07:28,459 --> 00:07:32,509

getting close to leeches well sometimes

191

00:07:30,829 --> 00:07:34,490

you actually get bloodletting from

192

00:07:32,509 --> 00:07:36,980

cupping you can get blisters and you can

193

00:07:34,490 --> 00:07:38,900

get a serious love blood coming out you

194

00:07:36,980 --> 00:07:40,879

can get infections as well you get

195

00:07:38,899 --> 00:07:44,449

infections from acupuncture to the

196

00:07:40,879 --> 00:07:46,279

needles up being appropriately used so

197

00:07:44,449 --> 00:07:49,639

yeah there's a lot of dangers that can

198

00:07:46,279 --> 00:07:51,649

be had from from both treatments and as

199

00:07:49,639 --> 00:07:52,969

a GP you mentioned a case there where

200

00:07:51,649 --> 00:07:55,639
someone came in and they wanted to have

201
00:07:52,970 --> 00:07:57,290
their cortisol level in their blood

202
00:07:55,639 --> 00:07:58,759
measured is that something that a doctor

203
00:07:57,290 --> 00:08:01,730
would do when people come in and they

204
00:07:58,759 --> 00:08:03,409
want a specific test for some reason did

205
00:08:01,730 --> 00:08:04,610
you want to go into what they're all on

206
00:08:03,410 --> 00:08:06,110
about and everything because it could

207
00:08:04,610 --> 00:08:06,629
have a detrimental effect finding out

208
00:08:06,110 --> 00:08:09,600
that

209
00:08:06,629 --> 00:08:11,399
so um people will often come in and say

210
00:08:09,600 --> 00:08:12,960
that they have adrenal fatigue and

211
00:08:11,399 --> 00:08:16,589
inverted commas and they've been told

212
00:08:12,959 --> 00:08:19,889
that by the naturopath and so as GP ism

213
00:08:16,589 --> 00:08:21,810
as medicos it's hard to understand what

214
00:08:19,889 --> 00:08:23,279

that actually is because it's a little

215

00:08:21,810 --> 00:08:25,139

bit like strengthening the immune system

216

00:08:23,279 --> 00:08:26,969

it's a bit meaningless how do you

217

00:08:25,139 --> 00:08:29,339

measure that what's going on so they'll

218

00:08:26,970 --> 00:08:31,500

often be told by their naturopath to

219

00:08:29,339 --> 00:08:33,059

have a reading of their cortisol to see

220

00:08:31,500 --> 00:08:34,620

what's going on and so it's often very

221

00:08:33,059 --> 00:08:36,239

difficult because you can look at them

222

00:08:34,620 --> 00:08:37,979

and go yeah like I don't think you've

223

00:08:36,240 --> 00:08:40,860

got Cushing's disease which will be in

224

00:08:37,979 --> 00:08:43,770

excess of cortisol you may be stressed

225

00:08:40,860 --> 00:08:45,300

because it's a stress hormone so if we

226

00:08:43,769 --> 00:08:47,039

check your cortisol level and it's up

227

00:08:45,299 --> 00:08:48,509

what does that mean like does that mean

228

00:08:47,039 --> 00:08:49,769

that your stress I guess you don't

229
00:08:48,509 --> 00:08:52,470
always have a base level for that

230
00:08:49,769 --> 00:08:53,730
particular person either do um you often

231
00:08:52,470 --> 00:08:55,529
don't have a base level and you often

232
00:08:53,730 --> 00:08:57,420
need to repeat it a number of times to

233
00:08:55,529 --> 00:08:59,370
see if it's a true reading or not but

234
00:08:57,419 --> 00:09:01,259
again like you often have a variety of

235
00:08:59,370 --> 00:09:03,060
different symptoms that are there so

236
00:09:01,259 --> 00:09:04,679
with cushing's disease people are often

237
00:09:03,059 --> 00:09:07,229
like very overweight they've got very

238
00:09:04,679 --> 00:09:08,639
thin skin they've got a moon face

239
00:09:07,230 --> 00:09:10,170
because of that a lot of swelling around

240
00:09:08,639 --> 00:09:11,850
their cheeks at around their face and

241
00:09:10,169 --> 00:09:13,289
they've got like high blood pressure

242
00:09:11,850 --> 00:09:14,850
there's a whole range of different

243
00:09:13,289 --> 00:09:16,409
symptoms that they've got if they've got

244
00:09:14,850 --> 00:09:18,750
Cushing's disease and if they've got a

245
00:09:16,409 --> 00:09:19,949
high lot of cortisol that's going around

246
00:09:18,750 --> 00:09:22,830
the body and it's a really serious

247
00:09:19,950 --> 00:09:24,420
condition so um and if you've got the

248
00:09:22,830 --> 00:09:25,800
other way if you're not having enough

249
00:09:24,419 --> 00:09:28,229
cortisol then you end up having

250
00:09:25,799 --> 00:09:30,149
Addison's disease where again it's a

251
00:09:28,230 --> 00:09:31,680
very very important issue and there's a

252
00:09:30,149 --> 00:09:33,329
whole lot of endocrinology bill problems

253
00:09:31,679 --> 00:09:34,979
that go along with it that you need

254
00:09:33,330 --> 00:09:37,680
specialist treatment for with Addison's

255
00:09:34,980 --> 00:09:39,120
disease but it's also very very rare and

256
00:09:37,679 --> 00:09:41,069
usually these people would be feeling a

257

00:09:39,120 --> 00:09:42,929
lot worse than what they are coming and

258
00:09:41,070 --> 00:09:44,930
said that they're stressed or that

259
00:09:42,929 --> 00:09:47,099
they've got adrenal fatigue as a

260
00:09:44,929 --> 00:09:48,569
diagnosis because it's not a diagnose

261
00:09:47,100 --> 00:09:50,370
which is why you went to medical school

262
00:09:48,570 --> 00:09:51,990
because a single data point like your

263
00:09:50,370 --> 00:09:54,210
cortisol reading is not going to give

264
00:09:51,990 --> 00:09:55,549
you the entire story no not at all no

265
00:09:54,210 --> 00:09:56,810
way and

266
00:09:55,549 --> 00:09:58,879
not that they will want to have that

267
00:09:56,809 --> 00:10:00,199
number so they can go back to their

268
00:09:58,879 --> 00:10:01,789
natural path and then the naturopath

269
00:10:00,200 --> 00:10:04,160
might go oh yes of course it's a little

270
00:10:01,789 --> 00:10:06,439
bit up so you've got yeah you're you're

271
00:10:04,159 --> 00:10:07,490

stressed or it's a little bit low and of

272

00:10:06,440 --> 00:10:10,220
course you've got adrenal fatigue

273

00:10:07,490 --> 00:10:12,950
because you've got really low levels so

274

00:10:10,220 --> 00:10:14,060
it's yeah look you've got along cure

275

00:10:12,950 --> 00:10:15,470
people who want to see you here and

276

00:10:14,059 --> 00:10:17,989
that's get some free medical advice but

277

00:10:15,470 --> 00:10:20,870
if if dr. Brad could magically knock out

278

00:10:17,990 --> 00:10:22,129
one non evidence-based modality what

279

00:10:20,870 --> 00:10:23,629
would it be what would be the one you go

280

00:10:22,129 --> 00:10:26,958
that's it it's gone from this planet

281

00:10:23,629 --> 00:10:29,899
what would the one be only one only 11

282

00:10:26,958 --> 00:10:32,389
only 11 non evidence-based it's out of

283

00:10:29,899 --> 00:10:34,100
there know what look cupping is my most

284

00:10:32,389 --> 00:10:36,049
hated thing it's something that freaks

285

00:10:34,100 --> 00:10:37,550
me out and even as a GP I'm used to

286
00:10:36,049 --> 00:10:38,919
seeing a lot of those things but it

287
00:10:37,549 --> 00:10:41,599
still gets a little bit of anxiety

288
00:10:38,919 --> 00:10:43,399
whenever I see anybody with cupping so I

289
00:10:41,600 --> 00:10:45,860
think just for purely selfish reasons

290
00:10:43,399 --> 00:10:47,208
then copy would be it and look if you

291
00:10:45,860 --> 00:10:48,769
got a website or something where you got

292
00:10:47,208 --> 00:10:50,179
this kind of information or was anywhere

293
00:10:48,769 --> 00:10:53,360
you'd like to point us to on the web

294
00:10:50,179 --> 00:10:56,239
yeah you can find me on twitter @dr Brad

295
00:10:53,360 --> 00:11:05,360
Makai and I'm on facebook as well and

296
00:10:56,240 --> 00:11:06,649
I've got my website which is www it was

297
00:11:05,360 --> 00:11:08,740
great I'm glad that you're very

298
00:11:06,649 --> 00:11:15,740
illuminated and you use the word pus and

299
00:11:08,740 --> 00:11:18,079
you use the word Diggy it's and as we

300
00:11:15,740 --> 00:11:19,430
all know pharmacists almost completely

301
00:11:18,078 --> 00:11:21,708
no use unless you've got a blank

302
00:11:19,429 --> 00:11:23,870
prescription pad really has anyone that

303
00:11:21,708 --> 00:11:25,039
blank prescription pad know so I mean

304
00:11:23,870 --> 00:11:26,570
initially I'm not interested in talking

305
00:11:25,039 --> 00:11:28,278
to you but we've got to ask some stuff

306
00:11:26,570 --> 00:11:29,690
about what you thought about dr. Brad up

307
00:11:28,278 --> 00:11:33,078
there what did you think of him and he's

308
00:11:29,690 --> 00:11:36,890
non evidence-based modality poopoo well

309
00:11:33,078 --> 00:11:39,500
this is my first skeptics meeting a lot

310
00:11:36,889 --> 00:11:41,088
of beads here hey a lot of beer yeah

311
00:11:39,500 --> 00:11:44,278
there's lots of beer but that's that's a

312
00:11:41,089 --> 00:11:48,209
good speed Oh beard um

313
00:11:44,278 --> 00:11:49,799
okay before you're funny anyway what I

314

00:11:48,208 --> 00:11:51,628
was going to say is that he gave a

315
00:11:49,799 --> 00:11:55,019
really good talk a lot of the stuff that

316
00:11:51,629 --> 00:11:57,300
he had seen in his GP practice like a

317
00:11:55,019 --> 00:11:58,679
pharmacist we've seen as well possibly

318
00:11:57,299 --> 00:12:00,088
we were put more on the spot because

319
00:11:58,679 --> 00:12:02,248
you're right there and the drugs are

320
00:12:00,089 --> 00:12:04,139
there and it's like all right so my you

321
00:12:02,249 --> 00:12:05,999
know my physio said this or my doctor

322
00:12:04,139 --> 00:12:07,799
said this what are you gonna say but you

323
00:12:05,999 --> 00:12:09,058
know what are you gonna get up someone

324
00:12:07,799 --> 00:12:11,909
land in the pharmacy and said how's

325
00:12:09,058 --> 00:12:13,259
thyroxine made that's a pretty wild

326
00:12:11,909 --> 00:12:15,659
question to come out of the blue isn't

327
00:12:13,259 --> 00:12:18,240
it not so wild because through our

328
00:12:15,659 --> 00:12:20,039

degrees we do to some extent learn about

329

00:12:18,240 --> 00:12:22,769

how drugs are manufactured especially

330

00:12:20,039 --> 00:12:23,909

drugs that are like sort of hormone in

331

00:12:22,769 --> 00:12:25,919

nature we do know where they're

332

00:12:23,909 --> 00:12:28,078

extracted from and that sort of thing

333

00:12:25,919 --> 00:12:30,479

when someone asks that you know it's a

334

00:12:28,078 --> 00:12:32,519

loaded question when they're sort of

335

00:12:30,480 --> 00:12:34,800

asking for the natural equivalence is

336

00:12:32,519 --> 00:12:37,499

not always the easiest thing to do

337

00:12:34,799 --> 00:12:40,769

definitely not so it likely says loaded

338

00:12:37,499 --> 00:12:42,120

question I did ask dr. Brad this and you

339

00:12:40,769 --> 00:12:45,058

probably got an answer to this if there

340

00:12:42,120 --> 00:12:46,589

was one non evidence-based modality that

341

00:12:45,058 --> 00:12:47,850

you could get rid of ban it from the

342

00:12:46,589 --> 00:12:50,339

planet what would be the one that you

343
00:12:47,850 --> 00:12:51,839
would get rid of well honestly because

344
00:12:50,339 --> 00:12:53,759
I've done a little bit of research in it

345
00:12:51,839 --> 00:12:55,889
a lot of girls take evening primrose oil

346
00:12:53,759 --> 00:12:57,778
for period pain but there's no evidence

347
00:12:55,889 --> 00:13:00,120
to back it up the only thing it actually

348
00:12:57,778 --> 00:13:02,610
does have a little bit of evidence for

349
00:13:00,120 --> 00:13:04,860
is a little bit of skin like irritation

350
00:13:02,610 --> 00:13:07,409
and a little bit of breast tenderness

351
00:13:04,860 --> 00:13:10,470
but in terms of period pain in general

352
00:13:07,409 --> 00:13:12,600
or pms symptoms it does nothing and a

353
00:13:10,470 --> 00:13:15,809
lot of girls I even have cousins abroad

354
00:13:12,600 --> 00:13:17,370
who asked me to buy some for them from

355
00:13:15,808 --> 00:13:19,919
Australia because you can't get it in

356
00:13:17,370 --> 00:13:23,188
certain parts of the world and I just

357
00:13:19,919 --> 00:13:24,969
think that's the load on evidence-based

358
00:13:23,188 --> 00:13:27,068
stuff

359
00:13:24,970 --> 00:13:28,269
and what are these side effects of

360
00:13:27,068 --> 00:13:29,708
taking a large amount of it is there

361
00:13:28,269 --> 00:13:32,289
anything like you get with st. John's

362
00:13:29,708 --> 00:13:33,849
wort or that sort of thing it's not like

363
00:13:32,289 --> 00:13:35,379
those risky side effects like st. John's

364
00:13:33,850 --> 00:13:37,990
work because st. John's wort can cause

365
00:13:35,379 --> 00:13:40,269
actual clinical side effects such as

366
00:13:37,990 --> 00:13:42,610
serotonin syndrome which can be fatal

367
00:13:40,269 --> 00:13:44,139
with evening primrose oil I'm not going

368
00:13:42,610 --> 00:13:46,000
to say I know one hundred percent but

369
00:13:44,139 --> 00:13:48,370
you would have to take a much larger

370
00:13:46,000 --> 00:13:51,399
quantity for it to have those kind of

371

00:13:48,370 --> 00:13:54,100
lethal or detrimental side effects but

372
00:13:51,399 --> 00:13:55,720
I'm always from the viewpoint that the

373
00:13:54,100 --> 00:13:57,310
less medicines you take even if they're

374
00:13:55,720 --> 00:13:59,050
evidence-based the better if you don't

375
00:13:57,309 --> 00:14:01,719
need it don't take it if it's not gonna

376
00:13:59,049 --> 00:14:04,479
work don't take it so why put something

377
00:14:01,720 --> 00:14:06,339
in your body for no reason thank you

378
00:14:04,480 --> 00:14:08,139
I've got your friend over here fellow

379
00:14:06,339 --> 00:14:09,430
colleague here a fellow pharmacist how

380
00:14:08,139 --> 00:14:12,938
many years have you been a pharmacist

381
00:14:09,429 --> 00:14:14,919
for years almost yeah yeah a longer than

382
00:14:12,938 --> 00:14:17,169
you so and what did you make of dr.

383
00:14:14,919 --> 00:14:19,539
Brad's talk it was really interesting

384
00:14:17,169 --> 00:14:21,849
it's interesting always to hear things

385
00:14:19,539 --> 00:14:24,129

from a medical perspective as opposed to

386

00:14:21,850 --> 00:14:26,439

a pharmacist perspective because we

387

00:14:24,129 --> 00:14:29,319

think a lot more about the drugs or as

388

00:14:26,438 --> 00:14:30,669

opposed to the Diagnostics because the

389

00:14:29,318 --> 00:14:33,639

medical field there they're all about

390

00:14:30,669 --> 00:14:35,469

Diagnostics were about the drugs and

391

00:14:33,639 --> 00:14:36,639

when you have been in a pharmacy and

392

00:14:35,470 --> 00:14:38,410

you've had people coming in with the

393

00:14:36,639 --> 00:14:40,899

loaded questions and basically the

394

00:14:38,409 --> 00:14:43,000

question they're asking really is I want

395

00:14:40,899 --> 00:14:44,500

to find some way to blame big farmer for

396

00:14:43,000 --> 00:14:46,208

what's going wrong with me or avoid

397

00:14:44,500 --> 00:14:48,009

taking medicine because I'm suspicious a

398

00:14:46,208 --> 00:14:49,750

big farmer how do you handle that in the

399

00:14:48,009 --> 00:14:53,350

very short interaction you've got with

400
00:14:49,750 --> 00:14:55,299
them being a long term skeptic since

401
00:14:53,350 --> 00:14:56,589
before I'd registered I probably have a

402
00:14:55,299 --> 00:14:59,378
little bit more experience in this

403
00:14:56,589 --> 00:15:01,809
personally I sort of asked them why have

404
00:14:59,379 --> 00:15:03,879
they come in wanting a quote-unquote

405
00:15:01,808 --> 00:15:06,698
natural therapy and thank you someone

406
00:15:03,879 --> 00:15:08,350
who used to be into work I completely

407
00:15:06,698 --> 00:15:11,139
understand it because your would come on

408
00:15:08,350 --> 00:15:14,050
I reckon maybe astrology a touch of

409
00:15:11,139 --> 00:15:16,470
cupping it's a bit of spooning oh do you

410
00:15:14,049 --> 00:15:19,328
like a bit of spooning to this guy yeah

411
00:15:16,470 --> 00:15:22,889
yes I was definitely into when I was

412
00:15:19,328 --> 00:15:26,159
like a kid I loved horoscopes

413
00:15:22,889 --> 00:15:28,649
and you know I really got into I'm a

414
00:15:26,159 --> 00:15:30,118
Capricorn like Paul McCartney all the

415
00:15:28,649 --> 00:15:34,318
weekend mad you can blackmail against

416
00:15:30,119 --> 00:15:35,939
Bob right here but you know having said

417
00:15:34,318 --> 00:15:37,618
that like I understand where people are

418
00:15:35,938 --> 00:15:38,909
coming from so generally speaking our

419
00:15:37,619 --> 00:15:40,350
last and look you know where are you

420
00:15:38,909 --> 00:15:42,238
coming from why you wanting this and

421
00:15:40,350 --> 00:15:44,489
understanding that medications are quite

422
00:15:42,239 --> 00:15:46,589
scary so trying to very quickly

423
00:15:44,489 --> 00:15:48,449
understand what it is about the

424
00:15:46,589 --> 00:15:50,699
medication that they've been prescribed

425
00:15:48,448 --> 00:15:54,539
or the illness that they've been

426
00:15:50,698 --> 00:15:56,219
diagnosed with that is scaring them or

427
00:15:54,539 --> 00:15:58,139
making them feel uncomfortable and

428

00:15:56,220 --> 00:16:01,048
trying to reconcile that very quickly so

429
00:15:58,139 --> 00:16:02,970
with the depression being that dr. Brad

430
00:16:01,048 --> 00:16:04,739
put up I thought a lot of people come in

431
00:16:02,970 --> 00:16:06,928
that I want to be depressed it's a very

432
00:16:04,739 --> 00:16:09,028
it's got a lot of stigma behind it she's

433
00:16:06,928 --> 00:16:11,039
done and look it's just a mismatch of

434
00:16:09,028 --> 00:16:12,749
it's an imbalance it's not your fault

435
00:16:11,039 --> 00:16:14,668
because a lot of people feel self blame

436
00:16:12,749 --> 00:16:16,109
for it you know and trying to rectify

437
00:16:14,668 --> 00:16:18,208
that time look you know you got to take

438
00:16:16,109 --> 00:16:20,309
a medication that can either work

439
00:16:18,208 --> 00:16:21,508
short-term or you can work like you know

440
00:16:20,308 --> 00:16:22,708
you need to be on a long term and

441
00:16:21,509 --> 00:16:24,778
there's nothing to be embarrassed about

442
00:16:22,708 --> 00:16:26,308

you know and telling them I've been

443

00:16:24,778 --> 00:16:28,318

through the same thing or my friends

444

00:16:26,308 --> 00:16:30,360

been through the same thing or lots of

445

00:16:28,318 --> 00:16:33,298

patients are on it and normalizing the

446

00:16:30,360 --> 00:16:35,369

situation for them and normalizing

447

00:16:33,298 --> 00:16:38,698

taking medications which they genuinely

448

00:16:35,369 --> 00:16:40,678

need if they don't genuinely need it and

449

00:16:38,698 --> 00:16:43,258

they could be something where they could

450

00:16:40,678 --> 00:16:45,778

get a better response from a non

451

00:16:43,259 --> 00:16:47,730

pharmacological therapies such as cbt or

452

00:16:45,778 --> 00:16:50,369

cognitive behavioral therapy or from

453

00:16:47,730 --> 00:16:53,789

visio exercise diet that sort of thing

454

00:16:50,369 --> 00:16:56,129

if you really want to do this let's give

455

00:16:53,789 --> 00:16:58,198

it a time frame let's tell our doctor

456

00:16:56,129 --> 00:17:00,028

that we're doing it and come back to me

457
00:16:58,198 --> 00:17:02,248
and if it's not working then we'll move

458
00:17:00,028 --> 00:17:03,840
forward onto the sort of quote-unquote

459
00:17:02,249 --> 00:17:06,000
more hardcore stuff

460
00:17:03,840 --> 00:17:07,049
when they come in like if they for

461
00:17:06,000 --> 00:17:09,059
breastfeeding and things like that and

462
00:17:07,049 --> 00:17:10,829
they want you know you know things to

463
00:17:09,059 --> 00:17:12,509
supplement their breastfeeding I tell

464
00:17:10,829 --> 00:17:13,949
them look you know with her but I never

465
00:17:12,509 --> 00:17:15,629
know how much it is in there are we

466
00:17:13,950 --> 00:17:17,700
haven't done the tests we haven't we

467
00:17:15,630 --> 00:17:19,020
don't know what else is in there with

468
00:17:17,700 --> 00:17:20,519
you and me up with you explain to I

469
00:17:19,019 --> 00:17:22,319
asked them do you know what I homeopathy

470
00:17:20,519 --> 00:17:23,519
is all its natural might well you know

471
00:17:22,319 --> 00:17:24,720
i'ma hook me up at this night and I'm

472
00:17:23,519 --> 00:17:26,819
like you can look it up you can buy

473
00:17:24,720 --> 00:17:28,559
today it works for me because I get more

474
00:17:26,819 --> 00:17:32,250
money for the store but I don't want you

475
00:17:28,559 --> 00:17:34,049
to buy for x y&z so I sort of rather

476
00:17:32,250 --> 00:17:35,549
than telling them they're stupid or

477
00:17:34,049 --> 00:17:36,599
whatever like you know being like I know

478
00:17:35,549 --> 00:17:38,940
I don't want to sell you that I don't

479
00:17:36,599 --> 00:17:40,769
you know from my standpoint I'd rather

480
00:17:38,940 --> 00:17:42,870
you be safe and I wouldn't recommend it

481
00:17:40,769 --> 00:17:45,569
to fix why is it why is it in the store

482
00:17:42,869 --> 00:17:47,729
then well I don't own the store you know

483
00:17:45,569 --> 00:17:49,079
unfortunately the government isn't

484
00:17:47,730 --> 00:17:50,400
paying us enough money and we're going

485

00:17:49,079 --> 00:17:52,740
to sell our souls and literally

486
00:17:50,400 --> 00:17:54,810
prostitute ourselves so yeah that's

487
00:17:52,740 --> 00:17:56,970
pretty much it and if you had tube and

488
00:17:54,809 --> 00:17:58,799
one on evidence-based modality from the

489
00:17:56,970 --> 00:18:00,329
play in face of this planet which one

490
00:17:58,799 --> 00:18:02,759
would it be for you which one would you

491
00:18:00,329 --> 00:18:05,009
get rid of probably anything you

492
00:18:02,759 --> 00:18:08,069
probably homeopathy probably your

493
00:18:05,009 --> 00:18:10,079
homeopathy or kinesiology because they

494
00:18:08,069 --> 00:18:12,809
they spurn a lot of you net

495
00:18:10,079 --> 00:18:14,609
clinics well I'll get working on that

496
00:18:12,809 --> 00:18:16,139
one straight away and look shout out

497
00:18:14,609 --> 00:18:17,909
everyone out there who's ever bought

498
00:18:16,140 --> 00:18:19,950
anything on the black milk label will

499
00:18:17,910 --> 00:18:22,320

know that those pants you are wearing

500

00:18:19,950 --> 00:18:23,640

our fantastic black milk pants every

501

00:18:22,319 --> 00:18:26,129

girl who knows what I'm talking your ear

502

00:18:23,640 --> 00:18:28,259

leggings hell yeah Legos repair for that

503

00:18:26,130 --> 00:18:29,940

absolutely absolutely i'll put them on

504

00:18:28,259 --> 00:18:31,470

it their own knows it all the fashion

505

00:18:29,940 --> 00:18:32,850

people listen to the skeptic zone and

506

00:18:31,470 --> 00:18:35,069

speaking of skeptics were going around

507

00:18:32,849 --> 00:18:37,139

here well we have to have Richard take a

508

00:18:35,069 --> 00:18:39,210

photo of these pans and make them the

509

00:18:37,140 --> 00:18:40,380

logo for this week's show so you can

510

00:18:39,210 --> 00:18:41,970

make them background art couldn't you

511

00:18:40,380 --> 00:18:44,409

just like one section of the Magnum but

512

00:18:41,970 --> 00:18:47,829

up now

513

00:18:44,409 --> 00:18:50,269

no no no with with James Randi I'm

514
00:18:47,829 --> 00:18:51,470
retiring which means he's not only going

515
00:18:50,269 --> 00:18:53,149
to be a skeptic he's going to be selling

516
00:18:51,470 --> 00:18:54,679
crystals on the home shopping channel or

517
00:18:53,148 --> 00:18:56,628
something um oh yeah he's getting right

518
00:18:54,679 --> 00:18:58,369
out of skepticism what do you think do

519
00:18:56,628 --> 00:19:00,259
you think there needs to be someone a

520
00:18:58,368 --> 00:19:02,298
figure like that or do you think it can

521
00:19:00,259 --> 00:19:05,989
is more organic now we can do without

522
00:19:02,298 --> 00:19:08,148
that kind of figure I think and I don't

523
00:19:05,989 --> 00:19:11,090
think we need Randy or somebody like him

524
00:19:08,148 --> 00:19:13,459
necessarily i think there's it what

525
00:19:11,089 --> 00:19:16,249
Randy did was he popularized certain

526
00:19:13,460 --> 00:19:18,048
things he Randy is a performer and

527
00:19:16,249 --> 00:19:19,999
because of his popularity as a performer

528
00:19:18,048 --> 00:19:22,308
because of his showmanship his ability

529
00:19:19,999 --> 00:19:24,229
to speak to a large audience he's been

530
00:19:22,308 --> 00:19:26,569
particularly useful to the skeptical

531
00:19:24,229 --> 00:19:29,269
movement I do not think that he's

532
00:19:26,569 --> 00:19:33,319
leadership necessarily all the jf in

533
00:19:29,269 --> 00:19:34,519
particular have been a groundbreaking

534
00:19:33,319 --> 00:19:36,348
you know like he was not the first

535
00:19:34,519 --> 00:19:37,159
organization he was not its I don't

536
00:19:36,348 --> 00:19:39,470
think it's an organization that

537
00:19:37,159 --> 00:19:40,820
necessarily leads from a skeptical

538
00:19:39,470 --> 00:19:42,589
perspective what it's done really well

539
00:19:40,819 --> 00:19:46,118
and he did a lot of it is because of

540
00:19:42,589 --> 00:19:49,220
Randy's book popularity and personal

541
00:19:46,118 --> 00:19:52,038
personal abilities he's been able to

542

00:19:49,220 --> 00:19:55,220
popularize skepticism I think nowadays

543
00:19:52,038 --> 00:19:56,690
it's needed a lot less for the very

544
00:19:55,220 --> 00:19:58,819
simple reason that it's a big movement

545
00:19:56,690 --> 00:20:01,070
nowadays communications a lot easier

546
00:19:58,819 --> 00:20:03,108
than it was in the 70s and they in the

547
00:20:01,069 --> 00:20:06,710
80s when when Randy started working on

548
00:20:03,108 --> 00:20:09,888
this I think I don't think we need a

549
00:20:06,710 --> 00:20:12,169
leader leaders also have a leader like

550
00:20:09,888 --> 00:20:13,819
Randy there's also issues with with

551
00:20:12,169 --> 00:20:17,359
having somebody like that because for

552
00:20:13,819 --> 00:20:18,798
example they have frailties you know I'm

553
00:20:17,358 --> 00:20:20,689
not talking about the physical frailties

554
00:20:18,798 --> 00:20:22,038
of you know Randy as an 86 year old man

555
00:20:20,690 --> 00:20:24,109
I'm talking about the fact that he

556
00:20:22,038 --> 00:20:26,868

sometimes gets it wrong there's all

557

00:20:24,108 --> 00:20:29,028

kinds of issues you know people can have

558

00:20:26,868 --> 00:20:30,228

a debate about Brandis morality in

559

00:20:29,028 --> 00:20:32,118

certain cities and doesn't matter

560

00:20:30,229 --> 00:20:33,979

whether we agree with them or not the

561

00:20:32,118 --> 00:20:36,048

thing is that the focus on one person

562

00:20:33,979 --> 00:20:38,330

means that the skeptical movement is a

563

00:20:36,048 --> 00:20:40,668

movement is probably weekend so I think

564

00:20:38,329 --> 00:20:43,249

I don't

565

00:20:40,669 --> 00:20:45,830

need Randy and I think we need Randy I

566

00:20:43,249 --> 00:20:48,079

think I look he's done an amazing job

567

00:20:45,829 --> 00:20:51,288

and I'm i feel fortunate to have met him

568

00:20:48,079 --> 00:20:54,349

many times and you know to spoken to him

569

00:20:51,288 --> 00:20:56,950

but I don't think the movement needs him

570

00:20:54,349 --> 00:20:56,949

anymore

571
00:21:06,648 --> 00:21:12,569
the skeptic zone is brought to you by

572
00:21:09,089 --> 00:21:16,019
dr. Bob's trivia quiz visit dr. Bob's

573
00:21:12,569 --> 00:21:18,658
quiz wordpress.com and see if you can

574
00:21:16,019 --> 00:21:22,048
match wits with dr. Bob and I'm joined

575
00:21:18,659 --> 00:21:23,850
again by the well-traveled and well-read

576
00:21:22,048 --> 00:21:26,548
dr. Steve Roberts who's a long time

577
00:21:23,849 --> 00:21:28,469
skeptic here in Australia he's also the

578
00:21:26,548 --> 00:21:31,019
man behind dr. Bob's trivia quiz but

579
00:21:28,470 --> 00:21:33,390
Steve you have a very long interest in

580
00:21:31,019 --> 00:21:35,069
skeptical matter specifically about UFOs

581
00:21:33,390 --> 00:21:37,590
among so yeah what are we going to say

582
00:21:35,069 --> 00:21:39,778
they're very long the bosses or

583
00:21:37,589 --> 00:21:42,230
something yeah yeah look I came into the

584
00:21:39,778 --> 00:21:45,089
skeptics ooh UFO so when I was a kid I

585
00:21:42,230 --> 00:21:47,250
thought something was going on with UFOs

586
00:21:45,089 --> 00:21:49,139
yes so did I I don't respect for books

587
00:21:47,250 --> 00:21:52,769
which have been physically dindin to me

588
00:21:49,140 --> 00:21:55,799
at school yeah but kids in those days

589
00:21:52,769 --> 00:21:57,839
the 1960s thought that some if something

590
00:21:55,798 --> 00:21:59,639
was in a book it was true Oh from my

591
00:21:57,839 --> 00:22:02,579
point of view akin to the 1970s when it

592
00:21:59,640 --> 00:22:03,840
was on TV it was on TV reports and we

593
00:22:02,579 --> 00:22:05,548
thought it was true as well that's how

594
00:22:03,839 --> 00:22:08,428
what'll wage the thing goes easy as I

595
00:22:05,548 --> 00:22:10,889
know I saw it on television um yeah and

596
00:22:08,429 --> 00:22:13,350
unfortunately some of the UFO nuts got

597
00:22:10,890 --> 00:22:15,649
so rich from writing in books that they

598
00:22:13,349 --> 00:22:18,089
actually were able to found their own

599

00:22:15,648 --> 00:22:20,278
publishing house yeah pick the phone

600
00:22:18,089 --> 00:22:22,740
book says really bizarre books out there

601
00:22:20,278 --> 00:22:25,648
and um it wasn't till I actually began

602
00:22:22,740 --> 00:22:28,079
to with other people at uni and many

603
00:22:25,648 --> 00:22:29,639
other quite smile we began to actually

604
00:22:28,079 --> 00:22:31,769
get hold of the evidence to try to

605
00:22:29,640 --> 00:22:33,509
collate it and see if there's something

606
00:22:31,769 --> 00:22:35,369
going on and they actually actually

607
00:22:33,509 --> 00:22:38,210
wasn't much evidence that was the first

608
00:22:35,369 --> 00:22:40,949
thing yeah lots of stories and lots of

609
00:22:38,210 --> 00:22:43,590
not the whole of British sightings for

610
00:22:40,950 --> 00:22:46,200
six years every sighting in bitten was

611
00:22:43,589 --> 00:22:48,689
about a one centimeter pile of paper hmm

612
00:22:46,200 --> 00:22:49,769
including all the unfussy ones yeah

613
00:22:48,690 --> 00:22:52,980

ninety percent of them are just very

614

00:22:49,769 --> 00:22:55,168

fuzzy and no hoax is in those days right

615

00:22:52,980 --> 00:22:56,700

um and some yeah look kind of

616

00:22:55,169 --> 00:22:58,288

interesting but there's always a lack of

617

00:22:56,700 --> 00:23:00,298

evidence when you come to those and

618

00:22:58,288 --> 00:23:02,220

you've wonder what did go on but then

619

00:23:00,298 --> 00:23:03,990

you've got to think what if alias did

620

00:23:02,220 --> 00:23:06,240

land in a corn field somewhere there'd

621

00:23:03,990 --> 00:23:08,099

be some footprints or well that's it

622

00:23:06,240 --> 00:23:12,298

it's radiation or somebody else we've

623

00:23:08,099 --> 00:23:14,788

seen it after all this time even well

624

00:23:12,298 --> 00:23:17,129

they said v8 in Roswell all the aliens

625

00:23:14,788 --> 00:23:18,960

crashed okay so there they can make

626

00:23:17,130 --> 00:23:21,809

mistakes yeah surely

627

00:23:18,960 --> 00:23:23,370

a few more if all the UFO reports are

628
00:23:21,808 --> 00:23:24,778
real that a few more would have made

629
00:23:23,369 --> 00:23:26,759
mistakes that's a bit of a straw man i

630
00:23:24,778 --> 00:23:28,679
guess but there should be something well

631
00:23:26,759 --> 00:23:30,538
not only can the alias make mistakes and

632
00:23:28,679 --> 00:23:33,179
crashed the damn thing but the US gallon

633
00:23:30,538 --> 00:23:35,730
can make mistakes and and failed to keep

634
00:23:33,179 --> 00:23:37,740
secrets under control i hear the van

635
00:23:35,730 --> 00:23:40,140
gate near the Watergate scandal the end

636
00:23:37,740 --> 00:23:43,230
contra scandal with ya Bill Clinton

637
00:23:40,140 --> 00:23:45,149
shenanigans here newest things it's hard

638
00:23:43,230 --> 00:23:47,909
to keep secret very hard to keep secret

639
00:23:45,148 --> 00:23:49,678
surely that man what's his name Snowden

640
00:23:47,909 --> 00:23:53,520
would have released her the naughty UFO

641
00:23:49,679 --> 00:23:55,950
files by now other be da minha against

642
00:23:53,519 --> 00:23:57,839
whom is it secret you know i mean if if

643
00:23:55,950 --> 00:23:58,798
your makers have a better tank now they

644
00:23:57,839 --> 00:24:01,168
need to keep that secret from the

645
00:23:58,798 --> 00:24:03,778
Russians yeah the Cold War but yeah this

646
00:24:01,169 --> 00:24:05,309
is a Flying Saucer lands like it doesn't

647
00:24:03,778 --> 00:24:06,599
have been on the whole of humanity you

648
00:24:05,308 --> 00:24:09,569
know the people involved would think

649
00:24:06,599 --> 00:24:11,548
that why why are we keeping this away

650
00:24:09,569 --> 00:24:13,500
from mother like Findlay nations a year

651
00:24:11,548 --> 00:24:15,720
well you must be on their payroll that's

652
00:24:13,500 --> 00:24:17,940
like I'm sorry yeah I don't have to kill

653
00:24:15,720 --> 00:24:19,620
you well I was told I was told just two

654
00:24:17,940 --> 00:24:22,380
days ago on Twitter that I'm on the

655
00:24:19,619 --> 00:24:25,109
payroll of them the big pharmaceutical

656

00:24:22,380 --> 00:24:27,870
companies yeah i went to the letter box

657
00:24:25,109 --> 00:24:29,579
today no check again no chit yeah i

658
00:24:27,869 --> 00:24:31,619
wished i wish they wish they would hurry

659
00:24:29,579 --> 00:24:33,928
up i wish my payments would have yeah so

660
00:24:31,619 --> 00:24:36,750
what's the state of the modern UFO seen

661
00:24:33,929 --> 00:24:38,278
is there one not really um it failed

662
00:24:36,750 --> 00:24:40,140
with the introduction of mobile phones

663
00:24:38,278 --> 00:24:42,210
especially mobile phones with cameras in

664
00:24:40,140 --> 00:24:45,720
them there was actually an advert for a

665
00:24:42,210 --> 00:24:47,519
mobile phone in 1993 when they first

666
00:24:45,720 --> 00:24:50,130
came in although they were the size of a

667
00:24:47,519 --> 00:24:52,829
brick in those days there was an advert

668
00:24:50,130 --> 00:24:56,100
by telstra showing a guy who's seen a

669
00:24:52,829 --> 00:24:58,769
UFO yeah the land one in front of him or

670
00:24:56,099 --> 00:24:59,908

the other said quick phone somebody and

671

00:24:58,769 --> 00:25:01,349

if you're not if you don't have a phone

672

00:24:59,909 --> 00:25:03,870

your pocket as you're out there in the

673

00:25:01,349 --> 00:25:05,548

field you can't phone in your body there

674

00:25:03,869 --> 00:25:07,528

are no such phone calls that came in and

675

00:25:05,548 --> 00:25:09,538

then of course weekend was a million

676

00:25:07,528 --> 00:25:10,919

everybody has a camera now well not only

677

00:25:09,538 --> 00:25:12,898

that everybody well when we say

678

00:25:10,919 --> 00:25:14,460

everybody put many people have not only

679

00:25:12,898 --> 00:25:16,859

a camera about their person but a

680

00:25:14,460 --> 00:25:18,929

high-definition video camera oh yeah

681

00:25:16,859 --> 00:25:20,939

yeah I've got my phone has a high

682

00:25:18,929 --> 00:25:22,769

definition video camera don't write in

683

00:25:20,940 --> 00:25:24,450

those seems to have killed the UFO

684

00:25:22,769 --> 00:25:27,148

stories right off yeah you're absolutely

685
00:25:24,450 --> 00:25:28,860
right because if if they were buzzing

686
00:25:27,148 --> 00:25:30,509
around with thousands upon thousands of

687
00:25:28,859 --> 00:25:32,459
people in Australia and millions across

688
00:25:30,509 --> 00:25:35,250
the United States and other countries or

689
00:25:32,460 --> 00:25:39,000
caring at least a camera yeah we should

690
00:25:35,250 --> 00:25:42,509
be overwhelmed with spaceship fear what

691
00:25:39,000 --> 00:25:45,569
we get now is orbs mobs if you take your

692
00:25:42,509 --> 00:25:47,549
photograph in some dusty place with dust

693
00:25:45,569 --> 00:25:50,009
motes in the air and the flash goes off

694
00:25:47,549 --> 00:25:52,559
and I thing is when you're behind the

695
00:25:50,009 --> 00:25:56,220
camera looking through it you can't see

696
00:25:52,559 --> 00:25:58,319
the flash go off our people insist there

697
00:25:56,220 --> 00:25:59,670
was no flash Yeshe oh that you can tell

698
00:25:58,319 --> 00:26:01,529
from the JPEG file that there was a

699
00:25:59,670 --> 00:26:04,200
flash fired that's interesting and it

700
00:26:01,529 --> 00:26:06,059
picks up dust motes you know about two

701
00:26:04,200 --> 00:26:09,180
inches in front of the lens yeah come

702
00:26:06,059 --> 00:26:11,339
out fuzzy yeah and say focus all other

703
00:26:09,180 --> 00:26:12,570
than really with a bit of sense if you

704
00:26:11,339 --> 00:26:15,599
with other people you have to explain

705
00:26:12,569 --> 00:26:17,429
well did anybody else see the orbs cuz

706
00:26:15,599 --> 00:26:20,309
they're actually can't see them because

707
00:26:17,430 --> 00:26:22,259
the flashing at us of course yeah but

708
00:26:20,309 --> 00:26:23,970
nobody else saw the orbs but the people

709
00:26:22,259 --> 00:26:26,279
think oh I've been visited by orbs on

710
00:26:23,970 --> 00:26:28,980
Faden a wonderful thing either have you

711
00:26:26,279 --> 00:26:30,799
know normally they're associated people

712
00:26:28,980 --> 00:26:33,900
think they're great spirits of some kind

713

00:26:30,799 --> 00:26:36,149
well yeah if it gives you a warm fuzzy

714
00:26:33,900 --> 00:26:38,009
feeling that's that's very nice yeah we

715
00:26:36,150 --> 00:26:40,019
know what they are yeah look it's a

716
00:26:38,009 --> 00:26:42,569
shame sometimes I've stopped debunking

717
00:26:40,019 --> 00:26:44,279
UFOs stories in the last days of the

718
00:26:42,569 --> 00:26:46,259
phenomenon because you're ruining

719
00:26:44,279 --> 00:26:48,180
people's self-esteem and I suppose

720
00:26:46,259 --> 00:26:50,220
avoiding people's funs longing and

721
00:26:48,180 --> 00:26:52,080
Deadhorse a bit isn't it is as I said

722
00:26:50,220 --> 00:26:53,640
the evidence is sibling yeah which you

723
00:26:52,079 --> 00:26:55,199
should be when people come to you and

724
00:26:53,640 --> 00:26:57,780
say I've seen a UFO which makes me very

725
00:26:55,200 --> 00:27:00,029
special and then you explain it that's

726
00:26:57,779 --> 00:27:01,799
the last thing they want ya feel the

727
00:27:00,029 --> 00:27:04,710

Monty Python sketch of the ex leper you

728

00:27:01,799 --> 00:27:06,960

know he explained my sighting no I was a

729

00:27:04,710 --> 00:27:11,160

UFO contactee now I'm just nobody oh

730

00:27:06,960 --> 00:27:13,319

yeah oh yeah well we'll keep watching

731

00:27:11,160 --> 00:27:15,840

the skies in the meantime matter Steve

732

00:27:13,319 --> 00:27:18,839

thanks again for dropping by and people

733

00:27:15,839 --> 00:27:21,299

can google dr. Bob's trivia quiz and

734

00:27:18,839 --> 00:27:23,399

take part in your quiz if their game

735

00:27:21,299 --> 00:27:27,269

enough yesterday there would be a doctor

736

00:27:23,400 --> 00:27:29,810

by UFOs first flies mmm and fold oh no

737

00:27:27,269 --> 00:27:29,809

we don't go that

738

00:27:30,539 --> 00:27:35,200

welcome to weaken science from RI oz

739

00:27:33,279 --> 00:27:37,509

bringing you the science you need

740

00:27:35,200 --> 00:27:39,490

tonight trying to woo someone this

741

00:27:37,509 --> 00:27:41,740

valentine's day maybe you could take a

742
00:27:39,490 --> 00:27:47,259
leaf out of the animal kingdom and trust

743
00:27:41,740 --> 00:27:49,120
some of these romantic displays to

744
00:27:47,259 --> 00:27:51,190
attract a female the male of many

745
00:27:49,119 --> 00:27:53,859
penguin species will build a nest out of

746
00:27:51,190 --> 00:27:55,840
pebbles before standing by it puffing up

747
00:27:53,859 --> 00:27:58,419
their chest lifting their head towards

748
00:27:55,839 --> 00:28:01,089
the sky and making honking sounds while

749
00:27:58,420 --> 00:28:03,310
out stretching their wings this is not a

750
00:28:01,089 --> 00:28:05,500
good idea for humans do not stand

751
00:28:03,309 --> 00:28:09,129
outside your house shouting at people it

752
00:28:05,500 --> 00:28:11,769
won't work this one is a bit nasty

753
00:28:09,130 --> 00:28:14,200
before mating a male porcupine will

754
00:28:11,769 --> 00:28:16,539
drench the female in his own urine if

755
00:28:14,200 --> 00:28:19,000
she is ready for copulation she will not

756
00:28:16,539 --> 00:28:21,369
object to this display whereas any other

757
00:28:19,000 --> 00:28:27,339
response is a sure sign she's not ready

758
00:28:21,369 --> 00:28:29,529
no do not do this let's try under the

759
00:28:27,339 --> 00:28:32,230
sea after all seahorses are quite the

760
00:28:29,529 --> 00:28:34,410
romantics a typical male courtship

761
00:28:32,230 --> 00:28:36,970
display can last up to eight hours

762
00:28:34,410 --> 00:28:39,460
seahorse couples also swim with their

763
00:28:36,970 --> 00:28:42,190
tails intertwined almost like holding

764
00:28:39,460 --> 00:28:45,130
hands when it comes to pregnancy the

765
00:28:42,190 --> 00:28:47,080
male takes on the female egg fertilizes

766
00:28:45,130 --> 00:28:50,020
it and nourishes it carrying the

767
00:28:47,079 --> 00:28:52,269
offspring for six weeks but sorry ladies

768
00:28:50,019 --> 00:28:55,869
human males can't get pregnant so this

769
00:28:52,269 --> 00:28:58,450
one is also off the cards the females of

770

00:28:55,869 --> 00:28:59,879
the very deep sea angler fish are much

771
00:28:58,450 --> 00:29:02,559
larger than their male counterparts

772
00:28:59,880 --> 00:29:05,320
would you think might be awkward when it

773
00:29:02,559 --> 00:29:07,690
comes to mating the male instead finds a

774
00:29:05,319 --> 00:29:10,329
female and permanently attaches his

775
00:29:07,690 --> 00:29:13,029
mouth to her taking on nutrients through

776
00:29:10,329 --> 00:29:14,769
the female's body ok so maybe none of

777
00:29:13,029 --> 00:29:16,899
these are particularly good courtship

778
00:29:14,769 --> 00:29:19,599
tips for the human world but here are

779
00:29:16,900 --> 00:29:24,370
four more fast facts about romance in

780
00:29:19,599 --> 00:29:26,199
the animal kingdom the male bowerbird

781
00:29:24,369 --> 00:29:28,809
creates a display of brightly colored

782
00:29:26,200 --> 00:29:31,809
objects which is then judged by a female

783
00:29:28,809 --> 00:29:34,929
good interior design skills leads to a

784
00:29:31,809 --> 00:29:37,389

mate Adelaide Zoo orangutang scarcer and

785

00:29:34,930 --> 00:29:39,759

clawed visibly grieved the loss of an

786

00:29:37,390 --> 00:29:42,820

infant with male clue it's providing

787

00:29:39,759 --> 00:29:43,538

support and comfort to Carter like many

788

00:29:42,819 --> 00:29:45,579

birds the

789

00:29:43,538 --> 00:29:47,979

waved albatross performs an elaborate

790

00:29:45,579 --> 00:29:50,858

courtship dance however there's is

791

00:29:47,979 --> 00:29:52,600

performed with their partner but the

792

00:29:50,858 --> 00:29:54,999

strawberry dart frog has a very

793

00:29:52,599 --> 00:29:57,219

different system for choosing a mate the

794

00:29:54,999 --> 00:29:59,979

female just takes whichever male is

795

00:29:57,220 --> 00:30:02,048

closest that's it for this week in

796

00:29:59,979 --> 00:30:04,119

science for more information on

797

00:30:02,048 --> 00:30:09,668

courtship in the animal world goes the

798

00:30:04,118 --> 00:30:12,339

RLS website RI aus org dot a you follow

799

00:30:09,669 --> 00:30:14,649
us on twitter @ ra oz and like us on

800

00:30:12,339 --> 00:30:35,048
facebook i'm ben lewis and we'll catch

801

00:30:14,648 --> 00:30:37,238
you next week having a baby is a very

802

00:30:35,048 --> 00:30:39,759
special experience for any young parent

803

00:30:37,239 --> 00:30:42,220
but imagine what it would be like to

804

00:30:39,759 --> 00:30:44,919
live with the fear that at any time that

805

00:30:42,220 --> 00:30:48,308
baby could become seriously ill and even

806

00:30:44,919 --> 00:30:49,840
die from preventable disease this was

807

00:30:48,308 --> 00:30:51,700
the everyday reality for our

808

00:30:49,839 --> 00:30:54,788
grandparents and the countless

809

00:30:51,700 --> 00:30:56,830
generations before them the vaccination

810

00:30:54,788 --> 00:30:59,288
chronicles is a documentary film by

811

00:30:56,829 --> 00:31:02,199
Richard Saunders with stories from real

812

00:30:59,288 --> 00:31:03,970
people who know firsthand what it's like

813
00:31:02,200 --> 00:31:08,048
to see family members suffer from

814
00:31:03,970 --> 00:31:10,329
diseases we hardly hear about today it's

815
00:31:08,048 --> 00:31:12,249
a powerful message for today's parents

816
00:31:10,329 --> 00:31:15,189
wondering about vaccinating their own

817
00:31:12,249 --> 00:31:17,739
children the documentary is free to view

818
00:31:15,190 --> 00:31:21,009
and show in public without seeking

819
00:31:17,739 --> 00:31:24,579
permission just google the vaccination

820
00:31:21,009 --> 00:31:27,118
chronicles for the youtube link you can

821
00:31:24,579 --> 00:31:29,710
also order the DVD of the documentary

822
00:31:27,118 --> 00:31:32,648
autographed by Richard Saunders for only

823
00:31:29,710 --> 00:31:35,649
twelve dollars this covers production

824
00:31:32,648 --> 00:31:39,008
and postage to anywhere in the world the

825
00:31:35,648 --> 00:31:41,048
DVD includes extra interviews archival

826
00:31:39,009 --> 00:31:44,740
newspaper reports and other features

827

00:31:41,048 --> 00:31:47,379
from the 1940s and 1950s

828
00:31:44,740 --> 00:31:53,460
the artwork for the DVD in the cover are

829
00:31:47,380 --> 00:31:58,510
included on the DVD itself just visit w

830
00:31:53,460 --> 00:32:01,058
WX own TV to order your copy once you

831
00:31:58,509 --> 00:32:03,549
have the DVD it's your job to copy it

832
00:32:01,058 --> 00:32:06,428
and pass it along to as many people as

833
00:32:03,549 --> 00:32:09,339
you wish they in turn are encouraged to

834
00:32:06,429 --> 00:32:13,710
do the same the vaccination chronicles a

835
00:32:09,339 --> 00:32:13,709
must-see for all today's parents

836
00:32:25,130 --> 00:32:33,500
what we want is some more evidence

837
00:32:27,630 --> 00:32:33,500
please is Joe alabaster

838
00:32:35,210 --> 00:32:39,669
hello this is Joe alabaster

839
00:32:40,798 --> 00:32:45,940
in the wake of the current US measles

840
00:32:43,569 --> 00:32:48,629
outbreak which began at Disneyland in

841
00:32:45,940 --> 00:32:51,880

California and the circle resulted in

842

00:32:48,630 --> 00:32:55,240

121 infections and thousands more people

843

00:32:51,880 --> 00:32:56,919

exposed across 17 states public and

844

00:32:55,240 --> 00:32:59,019

media attention has been directed

845

00:32:56,919 --> 00:33:03,160

towards the issues of vaccination and

846

00:32:59,019 --> 00:33:05,048

the anti-vaccination movement as we

847

00:33:03,160 --> 00:33:07,058

witness the very real effects of lowered

848

00:33:05,048 --> 00:33:09,429

herd immunity due to vaccine refusal

849

00:33:07,058 --> 00:33:11,950

vocal support for vaccines has been

850

00:33:09,429 --> 00:33:14,850

prominent as has criticism of

851

00:33:11,950 --> 00:33:17,798

anti-vaccination misinformation in

852

00:33:14,849 --> 00:33:20,079

particular public attention has again

853

00:33:17,798 --> 00:33:22,808

been drawn to Melanie's marvelous

854

00:33:20,079 --> 00:33:24,639

measles a picture book which attempts to

855

00:33:22,808 --> 00:33:26,879

rear Shore children that it's a good

856
00:33:24,640 --> 00:33:29,230
thing to experience measles infection

857
00:33:26,880 --> 00:33:33,070
written by Australian vaccination

858
00:33:29,230 --> 00:33:34,900
opponents Stephanie messenger the blurb

859
00:33:33,069 --> 00:33:38,730
on the back cover gives a good summary

860
00:33:34,900 --> 00:33:41,230
as to what the book is about quote

861
00:33:38,730 --> 00:33:43,329
Melanie's marvelous measles was written

862
00:33:41,230 --> 00:33:45,519
to educate children on the benefits of

863
00:33:43,329 --> 00:33:48,579
having measles and how you can heal from

864
00:33:45,519 --> 00:33:50,019
the naturally and successfully often

865
00:33:48,579 --> 00:33:52,750
today we are being bombarded with

866
00:33:50,019 --> 00:33:54,789
messages from vested interests to fear

867
00:33:52,750 --> 00:33:57,910
all diseases in order for someone to

868
00:33:54,789 --> 00:34:00,339
sell some potion or vaccine when in fact

869
00:33:57,910 --> 00:34:02,650
history shows that in industrialized

870
00:34:00,339 --> 00:34:05,409
countries these diseases are quite

871
00:34:02,650 --> 00:34:09,869
benign and according to natural health

872
00:34:05,410 --> 00:34:12,608
sources beneficial to the body and quote

873
00:34:09,869 --> 00:34:15,220
you know this book is troubling on so

874
00:34:12,608 --> 00:34:17,079
many levels when I decided to cover it

875
00:34:15,219 --> 00:34:18,730
my report this week I initially wondered

876
00:34:17,079 --> 00:34:22,239
whether I'd have to present you with 10

877
00:34:18,730 --> 00:34:24,789
minutes of stones violence the story

878
00:34:22,239 --> 00:34:26,469
within follows Tina who arrives at her

879
00:34:24,789 --> 00:34:28,659
first day back at school after the

880
00:34:26,469 --> 00:34:32,138
winter holidays to find that her friend

881
00:34:28,659 --> 00:34:34,720
Melanie is absent their teacher heavily

882
00:34:32,139 --> 00:34:37,570
pregnant advises the class that Melanie

883
00:34:34,719 --> 00:34:39,009
is at home with measles some children

884

00:34:37,570 --> 00:34:43,539
are concerned and worried about catching

885
00:34:39,010 --> 00:34:46,149
measles quote Tina heard Jared tell

886
00:34:43,539 --> 00:34:48,309
Travis the boy beside him that he

887
00:34:46,148 --> 00:34:51,460
wouldn't get the measles because he had

888
00:34:48,309 --> 00:34:53,460
been vaccinated Travis said that he

889
00:34:51,460 --> 00:34:55,918
wasn't vaccinated but didn't

890
00:34:53,460 --> 00:34:57,990
and until Jared then told him angrily

891
00:34:55,918 --> 00:35:01,079
well you're going to die if you don't

892
00:34:57,989 --> 00:35:04,049
get vaccinated Travis thought about this

893
00:35:01,079 --> 00:35:06,000
for a minute and said to Jared well I

894
00:35:04,050 --> 00:35:08,130
know that isn't true because I haven't

895
00:35:06,000 --> 00:35:10,858
had any vaccinations and I am still

896
00:35:08,130 --> 00:35:15,630
alive Jared didn't know what to say to

897
00:35:10,858 --> 00:35:18,389
that end quote how much would Jared he's

898
00:35:15,630 --> 00:35:20,880

a kid a fictional one at that however

899

00:35:18,389 --> 00:35:23,608
adults adults who write books for

900

00:35:20,880 --> 00:35:25,950
children certainly should know better of

901

00:35:23,608 --> 00:35:29,009
course kids who aren't vaccinated aren't

902

00:35:25,949 --> 00:35:31,489
necessarily going to die the nuances of

903

00:35:29,010 --> 00:35:34,080
risk are utterly lacking in this book

904

00:35:31,489 --> 00:35:35,789
it's also a little heavy-handed in

905

00:35:34,079 --> 00:35:39,569
portraying a vaccinated kid in a

906

00:35:35,789 --> 00:35:41,789
negative manner more on this later Tina

907

00:35:39,570 --> 00:35:44,460
returns home after school and chats with

908

00:35:41,789 --> 00:35:47,699
her mother about Melanie measles and the

909

00:35:44,460 --> 00:35:50,039
other children's reactions Tina's mother

910

00:35:47,699 --> 00:35:51,868
who is not vaccinated Tina after

911

00:35:50,039 --> 00:35:54,108
attributed an illness tenes older

912

00:35:51,869 --> 00:35:56,640
brother experienced to his vaccinations

913
00:35:54,108 --> 00:36:00,329
reassures Tina that the measles don't

914
00:35:56,639 --> 00:36:02,400
hurt she tells Tina that children get

915
00:36:00,329 --> 00:36:04,679
spots on their body and can feel very

916
00:36:02,400 --> 00:36:06,269
hot for a day or so and that for most

917
00:36:04,679 --> 00:36:08,759
children it's a good thing to get

918
00:36:06,269 --> 00:36:11,099
measles as many wise people believe

919
00:36:08,760 --> 00:36:15,060
measles makes the body stronger and more

920
00:36:11,099 --> 00:36:16,588
mature for the future Tina then asks her

921
00:36:15,059 --> 00:36:21,329
mother why the other children were

922
00:36:16,588 --> 00:36:23,250
scared her mother applies quote they

923
00:36:21,329 --> 00:36:25,920
are scared because they don't know much

924
00:36:23,250 --> 00:36:28,130
about measles and most people fear

925
00:36:25,920 --> 00:36:31,108
things they don't know anything about

926
00:36:28,130 --> 00:36:36,780
it's a bit like being scared of the dark

927
00:36:31,108 --> 00:36:39,269
and quote Tina's mother then tells her

928
00:36:36,780 --> 00:36:42,359
about pox parties and natural lifelong

929
00:36:39,269 --> 00:36:44,730
immunity oh this is always puzzled me

930
00:36:42,358 --> 00:36:47,519
greatly if measles and chicken pox are

931
00:36:44,730 --> 00:36:49,409
absolutely fine to experience one an

932
00:36:47,519 --> 00:36:52,019
earth to some anti-vaccination is

933
00:36:49,409 --> 00:36:54,809
declare immunity gained by experiencing

934
00:36:52,019 --> 00:36:59,820
an illness to be a good thing it's

935
00:36:54,809 --> 00:37:01,230
bizarre the story continues Tina asked

936
00:36:59,820 --> 00:37:03,510
her mother if she can go and visit

937
00:37:01,230 --> 00:37:06,240
Melanie in the hopes of catching her

938
00:37:03,510 --> 00:37:07,350
measles her mother feels that this is a

939
00:37:06,239 --> 00:37:10,049
great idea

940
00:37:07,349 --> 00:37:13,589
suggests bring carrot juice and melon to

941

00:37:10,050 --> 00:37:17,670
help Melanie recover yep they're having

942
00:37:13,590 --> 00:37:19,710
a pox party for two Melanie greets Tina

943
00:37:17,670 --> 00:37:22,110
at the door and proudly shows off her

944
00:37:19,710 --> 00:37:25,289
spots reassuring Tina that they don't

945
00:37:22,110 --> 00:37:27,000
itch or hurt at all Melanie's mother is

946
00:37:25,289 --> 00:37:29,460
nonplussed at the advocacy of the

947
00:37:27,000 --> 00:37:32,010
measles vaccine Melanie recette that

948
00:37:29,460 --> 00:37:36,230
mentions that melanie has the worst case

949
00:37:32,010 --> 00:37:39,600
of measles that doctor had seen in years

950
00:37:36,230 --> 00:37:42,449
Melanie's family doctor must be rather

951
00:37:39,599 --> 00:37:44,819
limited in his experience if an active

952
00:37:42,449 --> 00:37:47,719
and happy child with a rash is the worst

953
00:37:44,820 --> 00:37:50,670
case of measles he's seen in years

954
00:37:47,719 --> 00:37:53,730
common meisel symptoms include fever

955
00:37:50,670 --> 00:37:56,090

malaise runny nose dry cough

956

00:37:53,730 --> 00:37:58,320
conjunctivitis and rash and

957

00:37:56,090 --> 00:38:00,390
complications can include middle ear

958

00:37:58,320 --> 00:38:02,960
inflammation diarrhea and vomiting

959

00:38:00,389 --> 00:38:05,129
respiratory infections pneumonia

960

00:38:02,960 --> 00:38:06,780
miscarriage and premature labor and

961

00:38:05,130 --> 00:38:09,510
pregnant women such as tenor or

962

00:38:06,780 --> 00:38:11,670
Melanie's teacher encephalitis which

963

00:38:09,510 --> 00:38:14,010
occurs in round one in a thousand cases

964

00:38:11,670 --> 00:38:17,039
ten to fifteen percent of people with

965

00:38:14,010 --> 00:38:19,350
encephalitis died while 15 to 40 percent

966

00:38:17,039 --> 00:38:22,230
end up with degrees of permanent brain

967

00:38:19,349 --> 00:38:24,000
damage there's one complication of

968

00:38:22,230 --> 00:38:25,740
measles that Melanie's family doctor

969

00:38:24,000 --> 00:38:29,190
wouldn't have been able to spot there

970
00:38:25,739 --> 00:38:33,089
subacute sclerosing panencephalitis or

971
00:38:29,190 --> 00:38:35,280
sspe it's rare affecting around one in a

972
00:38:33,090 --> 00:38:39,150
hundred thousand cases of measles but

973
00:38:35,280 --> 00:38:41,310
nasty sspa is progressive inflammation

974
00:38:39,150 --> 00:38:44,660
of the brain that causes loss of

975
00:38:41,309 --> 00:38:48,179
personality and intellectual disability

976
00:38:44,659 --> 00:38:52,529
sspe usually begins around seven years

977
00:38:48,179 --> 00:38:54,119
after measles infection it's hard to

978
00:38:52,530 --> 00:38:56,430
fathom how anybody could be aware of

979
00:38:54,119 --> 00:38:58,500
this fact and still classify measles as

980
00:38:56,429 --> 00:39:01,199
a benign short-lived children's illness

981
00:38:58,500 --> 00:39:05,460
and want to actively seek out exposure

982
00:39:01,199 --> 00:39:08,429
to back to the book Tina's mother talks

983
00:39:05,460 --> 00:39:11,159
about the ability of plenty of vitamin A

984
00:39:08,429 --> 00:39:13,919
to prevent measles and assist recovery

985
00:39:11,159 --> 00:39:18,000
from measles the girls play with dolls

986
00:39:13,920 --> 00:39:20,309
hug and display wonderful manners a week

987
00:39:18,000 --> 00:39:23,699
later melanie is back at school with

988
00:39:20,309 --> 00:39:25,860
rash Tina and her mother are incredibly

989
00:39:23,699 --> 00:39:28,769
disappointed that Tina hasn't contracted

990
00:39:25,860 --> 00:39:30,930
measles Tina's mother attributes this to

991
00:39:28,769 --> 00:39:33,210
tanners immune system being in good

992
00:39:30,929 --> 00:39:34,980
condition because she eats lots of raw

993
00:39:33,210 --> 00:39:38,699
fresh food drinks plenty of water and

994
00:39:34,980 --> 00:39:40,500
plays outside as much as it's feeling

995
00:39:38,699 --> 00:39:43,439
like shooting fish in a barrel to point

996
00:39:40,500 --> 00:39:44,670
out the inaccuracies in this book I find

997
00:39:43,440 --> 00:39:46,619
the done playing of how highly

998

00:39:44,670 --> 00:39:48,570
infectious measles is to be one of the

999
00:39:46,619 --> 00:39:51,719
most troubling elements in Melanie's

1000
00:39:48,570 --> 00:39:54,030
marvelous measles measles is airborne

1001
00:39:51,719 --> 00:39:56,730
and lives a long time outside the human

1002
00:39:54,030 --> 00:39:58,830
body a person can become infected with

1003
00:39:56,730 --> 00:40:01,699
measles by entering a room that somebody

1004
00:39:58,829 --> 00:40:04,469
carrying it has been in two hours prior

1005
00:40:01,699 --> 00:40:06,329
it's estimated that nine and ten people

1006
00:40:04,469 --> 00:40:08,129
without immunity who have contact with

1007
00:40:06,329 --> 00:40:10,799
somebody who's carrying measles will

1008
00:40:08,130 --> 00:40:12,920
contract it measles symptoms usually

1009
00:40:10,800 --> 00:40:15,330
occur ten to twelve days after infection

1010
00:40:12,920 --> 00:40:17,490
all of this means that measles can

1011
00:40:15,329 --> 00:40:21,569
spread like wildfire particularly in

1012
00:40:17,489 --> 00:40:23,789

areas of low herd immunity the book ends

1013

00:40:21,570 --> 00:40:27,630

with the news that Jared our vaccinated

1014

00:40:23,789 --> 00:40:30,090

straw man did get the measles Tina

1015

00:40:27,630 --> 00:40:32,670

attributes this to Jared eating so many

1016

00:40:30,090 --> 00:40:35,640

sweets and chips and Santa Moni ously

1017

00:40:32,670 --> 00:40:38,309

wishes I hope that the measles make his

1018

00:40:35,639 --> 00:40:40,289

body stronger and more mature and that

1019

00:40:38,309 --> 00:40:43,440

he learns to eat more fresh foods so he

1020

00:40:40,289 --> 00:40:45,840

can take better care of his body the

1021

00:40:43,440 --> 00:40:48,420

accompanying image is of an annoyed

1022

00:40:45,840 --> 00:40:51,990

Jared lying in bed covered in spots with

1023

00:40:48,420 --> 00:40:55,860

a hamburger chips labeled msg enriched

1024

00:40:51,989 --> 00:40:57,479

GM fall I kid you not cheezles soda cup

1025

00:40:55,860 --> 00:41:00,870

cake and chocolate bar on his bedside

1026

00:40:57,480 --> 00:41:03,300

table the emphasis on nutrition is heavy

1027
00:41:00,869 --> 00:41:05,460
here as is the suggestion that good

1028
00:41:03,300 --> 00:41:08,880
foods can prevent disease as effectively

1029
00:41:05,460 --> 00:41:10,740
as we know vaccines can of course good

1030
00:41:08,880 --> 00:41:12,660
nutrition affects general health but as

1031
00:41:10,739 --> 00:41:15,629
my friend Alison so eloquently put it

1032
00:41:12,659 --> 00:41:19,710
recently diseases don't care if you've

1033
00:41:15,630 --> 00:41:21,660
eaten kale or McDonald's the last page

1034
00:41:19,710 --> 00:41:23,849
features Tina beaming up at her mother

1035
00:41:21,659 --> 00:41:26,969
juice in hand fruit beside her and

1036
00:41:23,849 --> 00:41:29,009
exclaiming maybe I'll be lucky enough to

1037
00:41:26,969 --> 00:41:32,730
catch measles next time someone we know

1038
00:41:29,010 --> 00:41:34,020
has them there's a dedication in the

1039
00:41:32,730 --> 00:41:35,760
front of the book which I'm think

1040
00:41:34,019 --> 00:41:37,829
King some of the books intended audience

1041
00:41:35,760 --> 00:41:39,210
children from four to ten years old

1042
00:41:37,829 --> 00:41:43,909
would read if they are reading

1043
00:41:39,210 --> 00:41:46,740
independently it states quote dedication

1044
00:41:43,909 --> 00:41:49,649
this book is dedicated to Jason my

1045
00:41:46,739 --> 00:41:51,119
firstborn son in his short life he

1046
00:41:49,650 --> 00:41:52,849
taught me to be a more responsible

1047
00:41:51,119 --> 00:41:55,710
parent and with his death from

1048
00:41:52,849 --> 00:42:00,779
vaccinations came my life purpose end

1049
00:41:55,710 --> 00:42:02,699
quote it seems that Stephanie Messenger

1050
00:42:00,780 --> 00:42:04,410
has experienced terrible grief in her

1051
00:42:02,699 --> 00:42:08,339
life which is letter on the path she

1052
00:42:04,409 --> 00:42:10,500
pursues however I question whether it's

1053
00:42:08,340 --> 00:42:12,030
responsible to associate infant death

1054
00:42:10,500 --> 00:42:14,880
with vaccination in a book for children

1055

00:42:12,030 --> 00:42:17,610
at all but especially when the dangers

1056
00:42:14,880 --> 00:42:19,829
of measles are downplayed so greatly the

1057
00:42:17,610 --> 00:42:22,950
risks of vaccination versus the diseases

1058
00:42:19,829 --> 00:42:24,989
that they prevent are utterly skewed if

1059
00:42:22,949 --> 00:42:27,149
I were a kid who trusted this book and

1060
00:42:24,989 --> 00:42:29,429
the adult who gave it to me I'd be

1061
00:42:27,150 --> 00:42:32,010
terrified of vaccines and fairly blase

1062
00:42:29,429 --> 00:42:34,289
about measles which is perhaps the aim

1063
00:42:32,010 --> 00:42:37,590
of this book but goodness I find it

1064
00:42:34,289 --> 00:42:39,389
troubling kids trust their caregivers to

1065
00:42:37,590 --> 00:42:43,700
provide them with accurate guidance in

1066
00:42:39,389 --> 00:42:46,859
life and this book does anything but

1067
00:42:43,699 --> 00:42:49,139
mainstream media outlets news websites

1068
00:42:46,860 --> 00:42:51,210
and forums have been linking to Amazon's

1069
00:42:49,139 --> 00:42:52,589

listing of Melanie's marvelous measles

1070

00:42:51,210 --> 00:42:57,389

and the torrent of negative reviews

1071

00:42:52,590 --> 00:42:58,769

which Amazon users have been leaving now

1072

00:42:57,389 --> 00:43:00,420

I don't know how many of these people

1073

00:42:58,769 --> 00:43:02,039

who have reviewed the book have actually

1074

00:43:00,420 --> 00:43:04,860

read it or whether many are just

1075

00:43:02,039 --> 00:43:07,320

responding to it's very existence some

1076

00:43:04,860 --> 00:43:09,210

of the reviews rather poignant among the

1077

00:43:07,320 --> 00:43:11,400

anger frustration mockery and black

1078

00:43:09,210 --> 00:43:13,500

humor there are some salient points

1079

00:43:11,400 --> 00:43:18,000

which I feel bear repeating such as this

1080

00:43:13,500 --> 00:43:19,739

review from C bisquick quote my infant

1081

00:43:18,000 --> 00:43:21,840

daughter went blind after contracting

1082

00:43:19,739 --> 00:43:23,879

measles from an unvaccinated child and

1083

00:43:21,840 --> 00:43:25,500

yet there's no Braille version of this

1084
00:43:23,880 --> 00:43:27,539
wonderful book for me to give her some

1085
00:43:25,500 --> 00:43:32,150
day to explain how awesome the disease

1086
00:43:27,539 --> 00:43:35,779
that took away her sight is end quote

1087
00:43:32,150 --> 00:43:39,539
also this from someone identified as ad

1088
00:43:35,780 --> 00:43:42,510
quote wow I'll have to buy this for my

1089
00:43:39,539 --> 00:43:43,889
dad here my uncle had polio as toddlers

1090
00:43:42,510 --> 00:43:47,550
and both were left with permanent

1091
00:43:43,889 --> 00:43:49,170
disabilities now in their golden years

1092
00:43:47,550 --> 00:43:52,110
they get to suffer from post-polio

1093
00:43:49,170 --> 00:43:54,990
syndrome as an added bonus preventable

1094
00:43:52,110 --> 00:44:00,570
diseases truly are marvelous just ask my

1095
00:43:54,989 --> 00:44:04,019
dad and quote a five star review from MJ

1096
00:44:00,570 --> 00:44:06,660
willow quote I'm so glad this book is

1097
00:44:04,019 --> 00:44:08,369
out here I was thinking the two weeks of

1098
00:44:06,659 --> 00:44:10,139
my childhood spent in a darkened room

1099
00:44:08,369 --> 00:44:13,289
with blinding headaches and a burning

1100
00:44:10,139 --> 00:44:15,420
fever were not fun it was the early 60s

1101
00:44:13,289 --> 00:44:17,429
and the measles were all the rage but I

1102
00:44:15,420 --> 00:44:20,130
was too young and ignorant to realize I

1103
00:44:17,429 --> 00:44:22,559
was experiencing a miracle this book has

1104
00:44:20,130 --> 00:44:24,539
opened my eyes I had to read it through

1105
00:44:22,559 --> 00:44:25,980
some thick eyeglasses though they're

1106
00:44:24,539 --> 00:44:27,900
almost as fun to wear as the little

1107
00:44:25,980 --> 00:44:29,880
plastic sunglasses I had to keep on when

1108
00:44:27,900 --> 00:44:32,610
I watch TV with my viral power from

1109
00:44:29,880 --> 00:44:34,079
measles to this day the measles protect

1110
00:44:32,610 --> 00:44:37,010
me from getting too much Sun as the

1111
00:44:34,079 --> 00:44:39,449
sensitivity to light has never left me

1112

00:44:37,010 --> 00:44:41,160
just to be a part of history and to have

1113
00:44:39,449 --> 00:44:42,809
lived under a quarantine that stretched

1114
00:44:41,159 --> 00:44:44,819
out to almost a month when my mother

1115
00:44:42,809 --> 00:44:48,029
took ill with my marvelous measles is an

1116
00:44:44,820 --> 00:44:50,059
honor I didn't recognize lucky for me

1117
00:44:48,030 --> 00:44:52,110
though I had immunity to the disease

1118
00:44:50,059 --> 00:44:54,360
good thing my mother wasn't pregnant

1119
00:44:52,110 --> 00:44:57,720
then at least I don't think she was I

1120
00:44:54,360 --> 00:44:59,370
have no siblings I must apologize to my

1121
00:44:57,719 --> 00:45:02,009
children for withholding such a glorious

1122
00:44:59,369 --> 00:45:03,690
experience from them vaccines were

1123
00:45:02,010 --> 00:45:05,520
available and free for the taking when

1124
00:45:03,690 --> 00:45:07,860
they were young I can't believe I fell

1125
00:45:05,519 --> 00:45:09,259
for that hopefully they will forgive me

1126
00:45:07,860 --> 00:45:13,230

for denying them this life-changing

1127

00:45:09,260 --> 00:45:17,940

experience end quote and finally this

1128

00:45:13,230 --> 00:45:20,400

from user Tampa girl quote what a

1129

00:45:17,940 --> 00:45:22,650

dirtbag moved to steal the title of

1130

00:45:20,400 --> 00:45:25,500

author Roald Dahl's book George's

1131

00:45:22,650 --> 00:45:28,650

marvelous medicine Roald Dahl's daughter

1132

00:45:25,500 --> 00:45:31,170

died of measles this so-called author is

1133

00:45:28,650 --> 00:45:35,690

just a leech on society children and the

1134

00:45:31,170 --> 00:45:38,250

memory of dolls little girl end quote

1135

00:45:35,690 --> 00:45:40,380

indeed the title melanie's marvelous

1136

00:45:38,250 --> 00:45:42,570

measles does bear resemblance to the

1137

00:45:40,380 --> 00:45:45,599

title of Roald Dahl's book George's

1138

00:45:42,570 --> 00:45:47,490

marvelous medicine which leads me back

1139

00:45:45,599 --> 00:45:51,059

to the media coverage relating to the

1140

00:45:47,489 --> 00:45:52,859

current US measles outbreak circulating

1141
00:45:51,059 --> 00:45:55,340
widely at the moment is an open letter

1142
00:45:52,860 --> 00:45:58,680
which Roald Dahl wrote to parents in

1143
00:45:55,340 --> 00:46:00,650
1988 in which he urges them to vaccinate

1144
00:45:58,679 --> 00:46:02,659
their children and speaks about his

1145
00:46:00,650 --> 00:46:07,460
experience of losing his seven-year-old

1146
00:46:02,659 --> 00:46:09,409
daughter Olivia to measles in 1962 it's

1147
00:46:07,460 --> 00:46:11,358
a heartbreaking but important read and

1148
00:46:09,409 --> 00:46:14,210
has been republished on many websites

1149
00:46:11,358 --> 00:46:16,219
over the past few weeks I'll put a link

1150
00:46:14,210 --> 00:46:18,528
in the show notes to its publication on

1151
00:46:16,219 --> 00:46:20,419
snopes which also includes Dolph

1152
00:46:18,528 --> 00:46:22,880
harrowing recollection of his daughters

1153
00:46:20,420 --> 00:46:24,829
last day and his wife Patricia Neal's

1154
00:46:22,880 --> 00:46:28,940
perspective on losing Olivia and the

1155
00:46:24,829 --> 00:46:31,400
effect it had on Roald Dahl now so much

1156
00:46:28,940 --> 00:46:33,108
of this is sad that there's an outbreak

1157
00:46:31,400 --> 00:46:35,599
of measles in a country where it was

1158
00:46:33,108 --> 00:46:37,639
considered eradicated that some parents

1159
00:46:35,599 --> 00:46:39,619
need convincing in order to vaccinate

1160
00:46:37,639 --> 00:46:41,900
their children and that dangerous

1161
00:46:39,619 --> 00:46:45,769
anti-vaccination misinformation some

1162
00:46:41,900 --> 00:46:47,240
directed at children exists at all based

1163
00:46:45,769 --> 00:46:49,038
on what I've been observing over the

1164
00:46:47,239 --> 00:46:51,199
past month and a half since the US

1165
00:46:49,039 --> 00:46:53,000
outbreak begun though more and more

1166
00:46:51,199 --> 00:46:54,679
members of the public is standing up for

1167
00:46:53,000 --> 00:46:56,929
vaccination and criticizing

1168
00:46:54,679 --> 00:46:59,750
misinformation and the media are

1169

00:46:56,929 --> 00:47:01,429
acknowledging this sentiment while it's

1170
00:46:59,750 --> 00:47:03,260
lousy that it's taken an outbreak to

1171
00:47:01,429 --> 00:47:05,298
catalyze this wave of public support for

1172
00:47:03,260 --> 00:47:08,089
vaccination and the outbreak is

1173
00:47:05,298 --> 00:47:09,679
unfortunately far from over hopefully

1174
00:47:08,088 --> 00:47:12,288
the pre vaccination sentiment will

1175
00:47:09,679 --> 00:47:14,058
strengthen as a result and some parents

1176
00:47:12,289 --> 00:47:16,190
who are complacent or on the fence

1177
00:47:14,059 --> 00:47:21,019
regarding vaccinating their children may

1178
00:47:16,190 --> 00:47:22,909
reconsider their positions a transcript

1179
00:47:21,019 --> 00:47:25,130
of this report will be available on my

1180
00:47:22,909 --> 00:47:28,058
website which can be found at evidence

1181
00:47:25,130 --> 00:47:28,059
please net

1182
00:47:37,280 --> 00:47:43,260
the skeptic magazine the journal from

1183
00:47:40,110 --> 00:47:45,480

Australian skeptics subscribe online to

1184

00:47:43,260 --> 00:47:50,790

the world's second oldest skeptical

1185

00:47:45,480 --> 00:47:53,550

magazine visit w WC APA mau and click

1186

00:47:50,789 --> 00:47:57,509

the publication's league you can also

1187

00:47:53,550 --> 00:48:00,840

find their over 30 years on back issues

1188

00:47:57,510 --> 00:48:04,790

free to download the skeptic magazine

1189

00:48:00,840 --> 00:48:04,789

from Australian skeptics

1190

00:48:18,719 --> 00:48:23,949

thank you for listening to the skeptics

1191

00:48:21,099 --> 00:48:26,339

iron coming up next week there's more

1192

00:48:23,949 --> 00:48:28,419

from Heidi Robertson the raw skeptic

1193

00:48:26,340 --> 00:48:30,369

Richard will be back in the captain's

1194

00:48:28,420 --> 00:48:32,889

chair and he'll be interviewing ash

1195

00:48:30,369 --> 00:48:34,930

price from the Edinburgh skeptics who's

1196

00:48:32,889 --> 00:48:38,500

taking is edinboro French show how to

1197

00:48:34,929 --> 00:48:41,019

talk to the dead on the road comedy

1198
00:48:38,500 --> 00:48:43,960
magic and rational inquiry it sounds

1199
00:48:41,019 --> 00:48:45,849
very much like my cup of tea for this

1200
00:48:43,960 --> 00:48:53,650
week this is joe alabaster signing off

1201
00:48:45,849 --> 00:48:55,239
from the Blue Mountains Australia you've

1202
00:48:53,650 --> 00:48:59,019
been listening to the skeptics own

1203
00:48:55,239 --> 00:49:02,139
podcast visit our website at wwc aiptek

1204
00:48:59,019 --> 00:49:06,039
zone TV for contacts an archive of all

1205
00:49:02,139 --> 00:49:08,349
episodes since 2008 and our online store

1206
00:49:06,039 --> 00:49:11,070
please support the skeptic zone by

1207
00:49:08,349 --> 00:49:14,079
following us on twitter at skeptic zone

1208
00:49:11,070 --> 00:49:17,140
liking us on facebook and leaving a

1209
00:49:14,079 --> 00:49:19,989
review on iTunes you can also show your

1210
00:49:17,139 --> 00:49:23,469
support by subscribing via paypal for as

1211
00:49:19,989 --> 00:49:25,809
little as 99 cents a week the skeptic

1212
00:49:23,469 --> 00:49:27,519
zone is an independent production the

1213
00:49:25,809 --> 00:49:29,590
views and opinions expressed on the

1214
00:49:27,519 --> 00:49:32,280
skeptical zone and not necessarily those

1215
00:49:29,590 --> 00:49:36,090
of Australian skeptical zinc or any other

1216
00:49:32,280 --> 00:49:36,090
skeptical organization

1217
00:49:38,949 --> 00:49:41,009
you