

Editorial

THE BATTLE FOR MAN'S MIND.

In our last two issues we have devoted some space to the subject of the Power of Thought which has aroused considerable interest and correspondence. In this issue, we propose to take this matter a step further and give our readers a warning of a grave danger which we are all, consciously or unconsciously, facing in a world in which two great forces are striving to gain control of man's mind. This struggle has been going on from time immemorial, but never in the world's history has the conflict been more intense than it is in this present era of confusion and unrest. In the old days, mankind was often made to suffer physically, unspeakable things in the name of power, but today, with man's mind more developed and better educated, he is now facing the prospect of a refinement of even greater mental and spiritual cruelty - unless he is prepared to protect himself with Right Thinking.

The two great forces involved in trying to influence man's thinking may be described as positive, i.e., thoughts in harmony with the concept of a love of God and the brotherhood of man, and negative, those encompassing anti-Christ motives designed to gain control over man for the purpose of power. This Battle for Man's Mind is being waged on two fronts, the physical and the metaphysical, and the object of the fight is to bring about either the spiritual salvation or destruction of homo sapiens.

To deal first with the physical aspects, no matter how hard we may all strive to be strong-minded and individualistic, we are all subtly influenced by the spoken and written word and other forms of thought communication, particularly through the medium of books, newspapers, radio and television. In the latter field, as the sponsors know only too well, even the "commercials" play an important role in making up our minds to purchase certain products. In our business and social lives, we are often swayed by the thoughts of others and some people too apathetic to form opinions themselves, are willing to accept the views of others more articulate, as their own. In all our daily contacts, a little of the good, bad or indifferent, as the case may be, is rubbing off on us and influencing our thinking.

In the field of politics, often an area of great misrepresentation in order to gain votes, even greater pressures are brought to bear and we are often influenced by the seemingly convincing rhetoric of clever politicians. But it is in the area of international politics that the gravest dangers lie, for here the stakes are high and the lust for power the greatest. Because of this, many of us have been through the horrors of at least one World War, if not two. But let us first analyze how these two wars came about in the first place. In each case, a few men in power, with great personal magnetism, were able to influence and organize the minds of the common people to such a degree of mass-hypnotism, that the entire nation believed it had a true cause to fight for. Many of us watched and history books have recorded, the militarist building-up of Fascism and Nazi-ism and, because of the evil it spawned which the Free World had to fight against, we eventually witnessed the final downfall and disaster brought to these misguided people who allowed their minds to be warped by avaricious despots seeking only greater power. Unity in a country is a fine thing when

it is directed into channels for the good of its people, but when it seeks to persecute others in order to gain its ends, it becomes a thing of evil and a triumph for the negative forces.

Crushing the evil forces of World War II, however, did not bring peace to the world and very soon after and for exactly the same reason, i.e., a few men in power master-minding the masses, we found ourselves involved in the long, drawn-out "Cold War" with the U.S.S.R., and hovering on the brink of a third global war which could well end in total annihilation of every living creature on this planet. We can perhaps take some comfort from the fact that the odds against anyone surviving a nuclear war are so great that it is very unlikely that either side will be the first to press the panic button, and maybe it is for this reason that the Russians are turning to a more subtle weapon - the manipulation of man's mind. Their success with the Pavlov experiments and the subsequent "brain-washing" techniques, led them to a step further - the establishment of an extensive psychical research program, with the main emphasis on mental telepathy and ESP. How far they have gone with this program, we do not know, but one well-known American columnist found it necessary to warn the U.S. Government that the newly-developed Russian technique of "cloud busting" (an expression used to describe the production of physical effects by intense mental concentration) would bear their close investigation. The Soviets evidently realize the potentialities of the Power of Thought far better than we do, and we must remember that power of any kind can be used for either good or evil.

Going to another part of the world, some grave concern is being experienced not only by Japanese intellectuals but outside observers regarding the development of the Soka Gakkai Movement in Japan. Soka Gakkai, literally meaning "Value Creation School", is a religious group that developed from Buddhism and became very powerful after the last war. In the early post-war years, it met the needs of a confused people crushed by defeat and horrified at the results of the atom bomb. The Soka Gakkai philosophy expounded, promising the pursuit of happiness and the answering of all problems and setbacks through the medium of constant prayer, made a popular appeal to the masses, and the Movement now claims to have several million families as followers. However, as they gained power, the Soka Gakkai leaders, not content with solving domestic problems in the field of religion, became more ambitious and decided not only to try to convert the rest of the world to Soka Gakkai thinking, but also to enter the realm of politics which they considered needed "purifying".

In the area of world conversion, they claim to have many thousands of overseas followers, and they have already set up branches in North America and South-East Asia, whilst in the field of politics, they have met with considerable success and now hold many seats in local congresses and 15 seats in the Upper House of the Diet. However, with the swelling ranks of the Soka Gakkai becoming more aggressive in their attempts to convert others and more militaristic in their political rallies, the situation is being viewed with considerable alarm, not only by many Japanese but also by the outside world. Anyone who has seen newsreels or television programs showing the disciplined might of the huge Soka Gakkai meetings and rallies, will immediately note that they bear a frightening resemblance to the early Fascist and Nazi demonstrations. Here we have another

example of the master-minding of the masses in what appears to be a militant religion whose aims are boldly stated as "The Salvation of Mankind" and "The Spiritual Domination of the World". That the Soka Gakkai realizes the Power of Thought is made obvious by their slogan "Power Comes from Prayer". The question is - power for what? When a religious group, with several million followers, enters the field of politics, the situation can become fraught with danger, for seldom are religion and politics compatible. One usually has to give way to the other, and unless religious principles for the benefit and not domination of mankind are strictly adhered to, the results could prove disastrous. On the other hand, if the Soka Gakkai Movement can succeed in purifying politics and it works earnestly for the happiness and welfare of its followers, then it would indeed prove a wonderful thing, but its present methods of gaining power leave it as a big question mark.

These then are some of the factors we are facing in the Battle for Man's Mind on the physical plane. But what of the metaphysical influences at work on us - the invisible but all-powerful forces on the purely mental plane? Whether we realize it or not, we are equally susceptible, if not more so at the sub-conscious level, to these more subtle influences. Man's brain, which in reality operates on the metaphysical plane, is like a two-way radio which transmits and receives messages along the air-waves of the Universe - and his receiving mechanism is open to thoughts both good and bad, which he either accepts or rejects according to his stage of evolution. Most of us are well aware of the truth of mental telepathy and many of us have had personal experiences of thought communication between loved ones often thousands of miles away. But what of special thoughts being beamed at us deliberately for a specific purpose, at both the conscious and sub-conscious levels, from another plane of existence?

Messages received through esoteric sources, purporting to come from the Space Brothers who take an active interest in the spiritual welfare of the inhabitants of our planet, warn us that an even greater conflict is being fought on the metaphysical plane where intelligent beings of both a higher and a lower spiritual order than ourselves, are waging a fierce Battle for Man's Mind. The lower or negative forces, damned themselves by wrong thinking, are projecting strong thoughts earthwards in an attempt to bring about our spiritual downfall. On the other hand, the Space Brothers and other spiritual guardians of our planet, are concentrating equally hard on sending out positive thoughts of goodwill and brotherly love. Thus we are being bombarded from the metaphysical plane by two conflicting schools of thought, and, free will being the criterion of spiritual advancement, it is left to us which we choose to accept. However, from a purely logical point of view, if we want to save ourselves a lot of sorrow both in this life and lives to come, we should arm ourselves mentally against the onslaught of negative thoughts.

This is no time for confused or apathetic thinking - often the future breeding-ground of negative thoughts. Nor should we be just receivers and disseminators of the thoughts we pick up. Rather, we should get on the transmitting end and constantly project positive thoughts of goodwill to all. Every positive thought neutralizes a negative thought, so we shall not only be serving ourselves but all humanity.

In the final analysis, there are two simple, clear-cut maxims to be observed for complete protection from the negative forces at work on this planet: (1) Acknowledgement and love of God as the Father of all Creation, and (2) brotherly love extended to all His creatures throughout the Universe. Anything else which interferes with these two beliefs should be vigorously rejected. Further, if we return love for hate, hate will die of malnutrition, for it can only feed on returned hatred. Let us rather pray for spiritual enlightenment for these wretched souls who seek to harm us.

In conclusion, if any of you have doubts about the veracity of the telepathic and inspirational messages received from the Space Brothers and others interested in the welfare of our planet, just ask yourselves this one vital question - "Are these messages good and true and for the benefit of mankind on earth?" If, as you surely must, you come up with an answer of "Yes", then it is obvious that it is the Hand of God at work, no matter what medium He chooses to use.

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MESSAGES TO OTHER WORLDS

by Wilbert B. Smith.

The Ottawa Journal of March 23, 1962, carried a story by John W. Finney of Washington, D.C., entitled "Messages to Other Worlds Too Costly, Say Scientists". Partial quotations will develop the theme. "The scientists told the Congressmen that life may well have developed on distant planets, but they were gloomy about ever establishing radio contact. — they doubted that legislators on other planets, any more than on this earth, would put up the money to build the expensive transmitters needed to send messages to other worlds." These are most significant words and illustrate how deeply we have worn the rut of our thinking! We are so enamoured by our own way of thinking and doing things, that we have no place in our consciousness for any other way.

In the first place, there is the basic and quite unjustified assumption that intelligent life on other planets must of necessity follow the pattern which we have set, and have legislators. Also, it is implied that such life would use money as we use it, and put its control in the hands of legislators, and that any program in the broad interests of the race would be determined by them. From what we know of the civilizations "elsewhere", nothing could be farther from the truth!

In the second place, there is the further assumption that any communication between planets must use radio as we know it, within the range of frequencies which we have been able to exploit. Also, that efficient and sufficient transmission means must of necessity be "expensive". There is another point which may not be so readily apparent - and that is the question

of language. We communicate, one to another, by means of vocal noises which, by mutual understanding, is coded to carry as nearly as possible the meanings which we desire to convey. But there is no assurance that beings from elsewhere use sound for communicating, and again, from what we have learned from them, their communication means are as far beyond radio as radio is beyond jungle drums.

Quoting further from this news story, " --- transmitters to send signals that may or may not be heard in a few million years ---", implies that the transit of space is strictly limited to our concept of the velocity of light. What communications we have had with extraterrestrials in which we have a degree of confidence, have indicated that this is positively not the case, and our concept of the velocity of light is quite erroneous. We have been told, and there is good laboratory evidence to support the statement, that the velocity of light is quite dependent on where and how it is determined and has all sorts of values, and that time itself is far from being fixed - and that there is no such thing as a limiting velocity, except that imposed by the methods used.

The story goes on to quote Dr. Lovell as saying: "To do the job properly will require a number of finely instrumented radio telescopes developed to attack the problem on a long-term basis. There is doubt that any nation would be willing to take on a project so expensive and speculative." However, nations do spend many times the cost of such a project on research which is not a bit more speculative, and out of which we can hope for only one small step forward. But contact with beings elsewhere in the Universe, if they are appreciably more advanced than we are, could yield knowledge which would take us forward, not by steps, but by leaps and bounds! Or, for a change, we could send out details of our science for the benefit of races not quite so developed as we are - broadcast our culture and propaganda to the Universe at large, to let them know what we have that we are proud of!

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International Series - No. 3

U.F.O.P.I.A. ACTIVITIES IN AUSTRALIA.

In this issue, it is our great pleasure to introduce to those of you who have not already heard of him, Mr. Fred Stone, veteran Ufologist in South Australia, Editor of the bi-monthly UFO magazine "Panorama" and Director of the Unidentified Flying Objects Phenomena Society of Australia (UFOPIA). Fred and his group have put in many years of loyal service to the UFO Cause, not only in all parts of Australia, but through correspondence and the medium of his magazines, have reached other interested parties all over the world.

Like most enthusiasts launching into a new field of endeavour, Fred Stone has had his share of opposition and setbacks over the years, but he has pressed on regardless, firmly believing in his ideals and purpose, until now he is the

leader of one of the most active UFO groups in Australia.

Some 15 years ago, Fred founded the original Australian Flying Saucer Research Society and for over 10 years he was its Director and Editor of "The Flying Saucer Record". Then, health reasons forced Fred to give up the heavy responsibilities of this work for a year. When he returned to the Society to take up duties again, as so often happens, he found a new element installed there with whom he and some of the older members of the group had certain differences of opinion. As Fred and some of the original members of the society wished to extend the scope of their activities to the more metaphysical and philosophical planes which the new regime frowned upon, it was finally decided that the old group would form a new organization - and thus UFOPIA was born, although, as Fred states, he still hopes that one day the differences between the two groups will be resolved, as his one aim is for unity in this period of crisis in the world's history.

As Fred was the owner of the original magazine "Australian Flying Saucer Record" in which the new element in the AFSRS were no longer interested and as he felt that the new UFOPIA organization, with its wider scope, needed a magazine with a greater viewpoint than mere sighting reports, he decided to merge this publication into a new magazine, and in this way "Panorama" came into being. "Panorama", which goes out to subscribers in various parts of the world and is received on an exchange basis by our own Club in Ottawa, is an excellent source of flying saucer factual detail, particularly in the Southern Hemisphere, and it also deals with aspects of the New Age Philosophy which most UFO groups now recognize as being part of the inspirational message from the Space Brothers. The subscription rate for overseas subscribers is 12 shillings per year - and it is well worth it. Please address any orders or correspondence directly to Mr. Fred Stone, 22 Northcote Street, Kilburn, South Australia. Fred has asked that we make it quite clear that he no longer has any connection with the old "Australian Saucer Record" address and all communications should be sent to him at the above address. So if Fred Stone's name is on your own club magazine mailing list, please be sure you are sending your publication to the right address.

But to continue with the Fred Stone Story. While the launching of the new UFOPIA Society was, in the early days, fraught with some bitter opposition, very soon the new group received clear-cut evidence that they were on the right track. Telepathic communications from the Space Brothers not only proved very helpful in their own personal lives, but information was relayed to them of forthcoming world events which proved to be completely accurate. Almost miraculously, pathways were made open to them to visit other States in Australia and even a visit to New Zealand which had seemed almost impossible from a financial viewpoint. And all the time the group was led uncannily to people they knew nothing about but who had had flying saucer experiences, most of which had never reached the public ear.

Asked what the aims of UFOPIA were, Fred Stone's answer was - to diligently seek the truth. "We are prepared" he said "to dig into anything which may hold a clue to the mystery of the UFOs. This does not mean that we accept everything - we are not that gullible. But we are prepared to consider anything that is factual or logical. We believe that the only way to find the answers is to

search for them. 'Seek and ye shall find' is one of our firm mottoes. We have proved this to be so - and what's more, it pays off."

As regards the activities of UFOPIA, the group holds a general meeting once a month and a further special meeting is held monthly for telepathic communication and meditation. In the past, their general meetings were often dominated by one person giving a lecture, but this year they have entered a new phase by arranging discussion groups in which everyone gets an opportunity to express his thoughts. A Questions and Answers period has also proved very popular and has done much to increase interest.

UFOPIA has a large slide lecture which has been used very successfully on outside groups such as churches, men's societies, Apex and Rotary Clubs, etc., and lately (as foretold) a way has been opened up to give lectures in high schools and to publish UFO articles in school magazines. UFOPIA also has a large Tape Library which has been a further means of spreading the truth.

It is interesting to note that among the members of UFOPIA are many in the professional classes such as doctors, authors, engineers, aviators, amateur astronomers, as well as well-known businessmen and government officials. Fred Stone also remarks on the helpful co-operation their organization has received from police departments, civil aviation, the Air Force, newspapers, radio and television, on the latter two of which they have been frequently interviewed. "It was a very different set-up when we first started," says Fred, "Then we were the butt of ridicule. Now we are being accepted!"

Other activities include sky watch meetings and occasional trips to isolated areas many miles from the big cities, where UFO sightings are reported frequently - mainly in areas where, in Australia, fault lines occur in the earth's strata.

UFOPIA is not merely confined to the State of South Australia, but has branches in all the States who work under the advice and help of HQs Branch. "These groups are growing," Fred reports. "And we have trebled our original membership - whilst subscriptions to "Panorama" have grown beyond our wildest hopes despite its weaknesses due to the heavy demand on the time of those who work for UFOPIA. They all work in their free time and in an honorary capacity. None of us gets a cent from it. Rather, we all put into it, but we get our rewards in more valuable ways than the material."

We all wish Fred Stone and his group in Australia continued success in their worthwhile efforts to spread the truth and philosophy of the UFOs. While our Australian friends may be in what we in the Northern Hemisphere call "Down Under" - in our estimation, they are "Tops"!

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A TRIBUTE TO MR. GEORGE ADAMSKI

Most of the UFO World were, we feel sure, sorry to hear of the passing of Mr. George Adamski in Washington, D.C., on April 23rd of this year, and we in Ottawa would like to pay a mark of respect to a man who, like our own founder, Wilbert B. Smith, did so much to further the UFO Cause throughout the world. Such men are rare and greatly needed if we are ever to gain world-wide acceptance by people and governments of the truth of the UFOs.

George Adamski was, of course, a controversial figure. Some people were unable to accept all of his views and claims, whilst others fervently believed everything he had to say. But whatever our personal views, there is no denying that George Adamski worked tirelessly to spread the truth of the UFOs across the world and to pass on the Cosmic Philosophy of "The Brothers". His books, including the early photographs of flying saucers (which have never been proven to be fakes) did much to awaken people to the reality of the UFOs, and many present-day Ufologists owe their first introduction to this fascinating mystery, to the writings of George Adamski. Like Wilbert Smith, he was one of the early pioneers of the New Age in the days when it took a lot of personal courage to announce publicly such convictions, and it is in this spirit that we pay our tribute to George Adamski.

Thanks to the courtesy of one of our Topside subscribers, we are able to publish some interesting details concerning one of the last lectures given by George Adamski in Northboro, Mass. U.S.A., on March 31, 1965, and also an article written by Mr. Adamski and printed just prior to his death. This article entitled "Crusade for the Truth about Inhabitants of Other Worlds" was addressed mainly to the citizens of the United States, but its principles could apply to any country and we can only agree with the author that it is about time the governments of the world broke their long silence concerning UFOs and gave us the truth. As suggested in the article, we can play our part by approaching our legislators on this matter. However, messages received from the Space Brothers warn us that there is at present in operation a powerful international syndicate controlling world finance which is restricting the governments of the world from divulging this information, although they add, if enough voices of the general public are raised in protest, something will have to be done about it. For their part, the Space Brothers are prepared to make themselves seen more and more by the people of the world - and the rest is up to us. Here then, are the two articles :

"Just a week before the Inauguration, five space ships were seen above the Washington Monument in the daytime. Military personnel, as well as civilians, observed them. The day after this, a section of Mr. George Adamski's new film on space craft was shown on television. This created a great deal of interest among the different branches of the government, for a comparison showed that the pictures were the same as the ships seen over the monument. Mr. Adamski has recently been in Washington conferring with officials about this - at their request. On March 9th, an international press conference was held - the first ever to be held concerning flying saucers.

The "Brothers" who fly these ships feel it is time that the public be told the truth about why they are here and have thus allowed Mr. Adamski to take this new set of films which is different from anything before taken. Most pictures taken with a movie camera have shown space craft as a blob of light. Whether taken in the daytime or at night, no distinct outlines of the ships was seen, as is with an airplane. This is caused by the force field in which the ships are concealed, a sort of ionized cloud in which they operate. In order to get a good outline of the ships in action, the Brothers have removed this force field. They hope these pictures will be more convincing to those who see them, as they show solid bodies manœuvering in a way that our aircraft cannot do.

It is not just the sighting of the space ships that should concern us but the knowledge of a better way of life that they bring. These people are much more advanced as a civilization than we are here on earth. This should do much to help bring about a better world for all of us. And who is there today that does not want "Peace on Earth"?

Mr. Adamski is well qualified to speak to us on this subject. Since November, 1952, when he first succeeded in making personal contact with a man from Venus on the California desert, Mr. Adamski has been continually in direct contact with the Brothers. They have given him much information which he has shared truthfully with mankind through his books, radio and television appearances and his many lecture tours throughout many countries of the world. His sincerity, his interest and concern for mankind and its many problems on this Earth, cannot be questioned."

CRUSADE FOR THE TRUTH ABOUT INHABITANTS OF OTHER WORLDS

Eighteen Years of Alibis and Double Talk.

By George Adamski.

Mystery upon mystery has been created in the minds of the people, instead of the truth, of visitors as humans from sister planets. Even the Space Program has been inaugurated as a result of their coming, with the purpose of our being able to go to their planets. The Air Force has been in charge of this investigation. The Wright Field, Dayton, Ohio, and the Blue Book, and those whose responsibility it was to investigate reports (like Captain Ruppelt and many others) had never discarded theories or stated that all the reports were false, but that certain percentages existed which could not be accounted for.

Many false reports were put out during the past 18 years by the Air Force, with the help of astronomers and so-called experts, regarding the Unidentified Flying Objects. Most of the alibis were an insult to the intelligence of the American people. If some of the reports of the Air Force were true, why is it then that they still keep sending Jets up to chase these objects, or continue their research on them? We are going, or are trying to go to other planets in our Space Program. This Program was started because of them. This was certain acknowledgement that whoever these people are who can come from the stars to us,

we should be able to go to the stars to them. We cannot deny that this is the very thing we are trying to do. So we must have some concrete information regarding these visitors, or we would be shooting for a blind target. It is about time that this 18-year old mystery should be cleared up by our government which holds the key to the truth.

A politician is a politician whether he be a Democrat or a Republican, and once elected to office, he wants to remain there. And he will not tell the truth, regardless of what kind of truth, if he is not sure of his people, being aware they will not re-elect him to office, if he should displease them. Yet he would be willing to tell the truth if he knew that he had the support of his people. If he did not know the truth regarding the subject, he could demand that truth from such office as is responsible for it, and give it to his people. So all those that believe in inhabited planets and that we do have visitors from them coming here, should write a letter to his representative and demand the truth. Should such a representative alibi or send out a pamphlet which the Air Force has prepared to answer such an inquiry, this type of representative is not worth the time or consideration for re-election, even with the alibi that he doesn't know enough about the subject. For he is in a position to have the books opened to him by such a department that is responsible for the collection of such information, which is the Air Force.

Instead we should concentrate on men and women that we know are not afraid to tell the truth. Take for an example, men like former Governor Knight of California. When he was asked on a TV panel if he believed in flying saucers, he said that he did, that he knew they were there and that we are being visited. He said much more and gave his reasons for it, which were logical ones. There is a rumour now that he will be running for Governor of California again, and this is what I mean. It is this type of man that we want to represent us, regardless of the party - men and women that are not afraid to tell the truth. I believe there are better than 200,000 people in this nation that believe in inhabitants of other worlds, or the flying saucers. This group, if directed in proper channels, can elect people to office, State or National, men and women who will tell the truth and dissolve the mystery of 18 years, and prepare our people and the people of the world for what is to come.

Every sincere believer in the flying saucers, regardless of what other opinions he has, should concentrate his efforts on the men of truthful calibre that when elected to office in the future, will tell the truth - men like former Governor Knight. This is the only way and the only hope by which the truth will finally be told to the people. As everyone knows, no politician wants to be defeated, but instead he wants to maintain office. And 200,000 votes are not to be sneezed at! And this is a small number. There could be twice as many believers that want the truth. So let us get together. We have never tackled the politicians before and it is about time that we should. Even President Johnson, prior to becoming Vice-President, made a statement which was published in our papers when flying saucers were the news of the day, that he believed in them and he knew they were there. Some of our congressmen have even seen them in flight while journeying in our own planes. The newspaper morgue has these records. Why don't they tell us that today? People acting in the field of politics have gotten good results for the good of the nation once they organized and put pressure upon representatives. Let us do it now for the good of our civilization.

Medical
Science
Section

NEW EVIDENCE OF A CAUSE OF HEART DISEASE

How to Avoid Becoming a Victim of the No. 1 Killer

According to recent findings of medical scientists, most of us are slowly killing ourselves with two of the commonest substances found on the dining table -- sugar and salt.

Salt has long been recognized as the arch enemy of those who suffer from hypertension (high blood pressure), vascular and heart diseases, and most doctors immediately put such patients on a low-sodium or salt-free diet.

Not so well-known, however, are the adverse effects on and probable cause of many heart diseases, produced by sugar intake (and this, of course, includes all starches which are eventually broken down into sugar in the system).

At one time, the medical profession were more inclined to regard the consumption of animal fats and possible building-up of cholesterol in the blood vessels as the main culprit in the vascular diseases which shot up fatal heart attacks as the No. 1 Killer of our age. But now, as the result of extensive studies and tests in recent years, the facts point more to sugar as the guilty party.

According to Dr. Yudkin, Chairman of the Nutrition Department of the University of London, there is strong and rapidly accumulating evidence that points to sugar as the major diet factor in coronary heart disease. Dr. Yudkin has noted that fat consumption in the U.S. has increased by only 12% during the past 70 years, with a significant increase in the ratio of polyunsaturated to saturated fats. The commonly-held view would suggest that this should have resulted in a fall in coronary heart disease instead of the considerable rise that has actually occurred. Sugar consumption, on the other hand, has more than doubled in the same period.

Dr. O. Paul, a Chicago cardiologist, made studies of 2000 men. His survey showed that the 88 men who developed heart disease in the first 6 years of the study, had diets which did not differ in fat content (either in quality or quantity) from the men without heart disorders.

Recent evidence now indicates that men with coronary problems have been eating twice as much sugar as those with no symptoms of heart disease. The same sort of high sugar intake was found in another group suffering from atherosclerosis, with the degree of severity proportional to the level of sugar intake.

Fortunately, there are a number of harmless and inexpensive salt and sugar substitutes on the market and the food and beverage industries are giving more attention to sugar-free products, so there is something we can do about it. Maybe we should all give a little serious thought to our eating habits and thus avoid becoming an unnecessarily early statistic.

AN INTERESTING SUMMER PROJECT.

How often have we all heard some enthusiastic Ufologist bemoan: "I have read a lot about flying saucers and I believe in them - and yet I have never seen one!" Well, flying saucers are with us alright, night and day, but frequently in the day-time, they are not visible to the human naked eye. This is due to the fact that some of the spacecraft operate on a plane beyond our normal vision, while others often conceal their presence in a sort of self-manufactured ionized cloud. However, most of us possess a little gadget by which we can see and record flying saucers -- a camera!

It has already been well proved that the camera lens is more sensitive than the human eye and can pick up objects invisible to normal eyesight. There are numerous well-documented cases of this where photographers, taking some other subject, have wound up with a UFO on their negative! To quote just a few, there are the more recent incidents such as when the English "TV Times" photographer, Peter Bolton, took a picture of a Vulcan Bomber at Coningsby R.A.F. Station, Lincolnshire and found to his amazement that in the background was a glowing, di-polar disc vortex; a similar thing happened when a Pathé newsreel cameraman took shots of the launching of the Bluestreak Missile at Woomera, Australia, and there was the same vortex shape in the background, witnessed by thousands of movie-goers! Both photographers in these two cases were using highly-sophisticated cameras which were "hooded" to prevent any light interference, and so the old alibi of our critics about a "trick of lighting" was ruled out. Even more remarkable was the experience of amateur photographer, Jim Templeton, who was taking a picture of his little daughter sitting on the grass on a lonely stretch of marsh near the Solway Firth in England, with no one else in sight, and discovered when the negative was printed, that there was an estimated 7-foot tall spaceman, wearing a high altitude flying suit, standing behind the little girl! Templeton's camera and film were examined by experts and found to be perfect, and the experts could only admit that they were completely baffled.

And so, if we want to see flying saucers and other UFO phenomena, let us get busy with our cameras this summer! Let us experiment by taking pictures of the skies, particularly any unusual cloud formations from which the elusive UFOs are often seen to emerge. As it is obvious we shall draw a number of blanks besides we hope, the odd interesting picture of a UFO, it might be a good idea, for the purpose of economy, to load our cameras with ordinary black and white film rather than the more expensive colour film. If you should be lucky enough to get what appears to be a UFO, examine the negative carefully first to make sure it is not a spot of emulsion or some other processing fault. If you are still uncertain as to whether what you have is a genuine photograph of a flying saucer, take your negative to a good photographic store and ask for an analysis of it. It might also be a good idea to keep some record of photographic technical details, such as aperture, shutter speed, etc., particularly for those successful shots, as this information might prove useful for future experiments.

So here's wishing you all "Happy Hunting" in your summertime adventures as UFO "Shutter-Bugs"!!

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WILBERT B. SMITH FEATURED IN DUTCH FILMSTRIP!

The Editor of Topside was delighted to receive the following letter from Miss Rey d'Aquila, Corresponding Secretary of the UFO Contact Groep, The Hague, Holland.

"Thank you very much for sending me the special Memorial Issue of Topside on Wilbert B. Smith, containing some of his outstanding articles. I wish to express my gratitude for this fine documentation. Along with a copy of his tape-recorded speech, sent to me by the Vancouver FS Group, it will prove to be (I hope) useful material to introduce WBS successfully to those people I can reach over here.

"I have just finished a third UFO Filmstrip entitled "VISITORS FROM OUTER SPACE, THEN AND NOW" and in this strip I have incorporated as much of Wilbert B. Smith as I could, leaning back on his printed speeches (Flying Saucer Review, London), the "Binding Meter" illustration and article, and a photograph of WBS copied from an original lent to me by Gene Duplantier of Willowdale, Ontario, for this purpose.

"So you see, Wilbert B. Smith is indeed being "pushed" with joint forces. New Zealand has also quoted him recently. I am beginning to realize how much this man means to UFOlogy and the evolution of mankind, for his philosophy is quite a revelation to many of his fellow-scientists!"

FILMSTRIP NO. 520 - "VISITORS FROM OUTER SPACE, THEN AND NOW" is now available for sale. It contains 30 shots from various authentic sources and comes complete with English-written Textbook. It may be obtained at the following prices in foreign currency:-

| | |
|--------------------------|---------------------|
| Canada | - \$3.15 by seammil |
| United States | - \$2.90 by seammil |
| Great Britain & Scotland | - £0.19.0 |
| Australia | £1.5.0. by seammil |
| New Zealand | £1.2.0. by seammil |

(Prices subject to postal rate increase)

Please order from: Miss Rey d'Aquila,
Beeklaan 431,
The Hague,
Nederland.

Payable by: International Money Order or Bank Transfer to the
Rotterdamsche Bank, The Hague, Nederland.

There will be many calls from all over the world for this interesting filmstrip, and you are advised to place your orders at an early date.

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INTERNATIONAL FLYING SAUCER DAY - JUNE 24, 1965.

Members of the Ottawa New Sciences Club met on this evening at the residence of Mr. & Mrs. D.R. Halford-Watkins in Aylmer, Quebec, for the purpose of a social get-together and Sky Watch. Armed with garden chaise longues, blankets or sleeping bags and binoculars, they established themselves in the garden where the Club telescope had been set up. To protect themselves against possible attack by Flying Objects (easily identified as mosquitoes!) they applied liberal coatings of insect repellent thoughtfully provided by Mrs. Iris Bridge. A large punch bowl was well patronized by the group, presumably in the hope of seeing two UFOs rather than one!

At dusk, the trees in the garden were floodlit with subdued coloured lights while the party formed a large circle with their garden chairs, and after wrapping up warmly against the chill night air, they stretched themselves out and prepared to view the heavens. It was an ideal night for sky-watching, with the sky a scintillating mass of twinkling stars and hopes ran high for a good sighting of a UFO. Some members were optimistic enough to hope that a flying saucer would land on the vacant plot of land adjoining the garden, in which event it was unanimously agreed that we would invite its crew members to join us in the pork and baked beans supper laid on for 11 p.m.!

However, the hours passing pleasantly enough, revealed nothing more exciting than a few meteors, low-flying aircraft and a couple of satellites, although at least 3 people observed a distant blob of light which appeared to be flashing at odd intervals. In a last desperate attempt to attract an identifiable unidentified flying object, two of the lads brought out a guitar and accordion and proceeded to serenade the Space Brothers with song, with the rest of the group joining in the chorus. The repertoire included Italian love songs, Scottish ballads and a rousing rendition of "When Irish Eyes are Smiling", but alas, all these terpsichorean efforts failed to lure the elusive UFO! The conclusion was finally reached that the Boys from Topside were not particularly impressed with either our menu or the music and it must be admitted that a couple of the members were singing decidedly off-key! However, nothing daunted, the group then proceeded to tuck in heartily to generous portions of pork and baked beans, followed by chocolate cake and coffee - and a good time was had by all. As for the UFOs, better luck next time, chaps!

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NEWS FLASH - Very large Intergalactic Craft are now rapidly approaching this Solar System. Their crews of men and women are highly advanced, their bodies being more refined than ours, yet immensely stronger. Their faces portray their advanced spiritual state, having a beauty beyond our wildest dreams. Some are about our height, but most of them are taller. Morally and scientifically, they are so far ahead of us as to be almost beyond our comprehension. The sight of their large spaceships will cause people on earth to change their old mis-conceptions. The beings in these craft have recorded our nuclear explosions and are coming to investigate further. They will follow closely future events in this regard.

/ Ronald Anstee, Montreal UFO Group.