

The Skeptic Zone
Show 338 - 12 April 2015



András Pintér

1
00:00:22,250 --> 00:00:09,080
welcome to the skeptic zone the podcast

2
00:00:29,370 --> 00:00:25,050
hello and welcome to the skeptics are an

3
00:00:32,670 --> 00:00:29,380
episode number 3 38 338 for the twelfth

4
00:00:36,510 --> 00:00:32,680
of April 2015 Richard Saunders here with

5
00:00:38,460 --> 00:00:36,520
you from Sydney Australia a cooler

6
00:00:41,490 --> 00:00:38,470
Sydney Australia the weather is starting

7
00:00:43,979 --> 00:00:41,500
to cool down autumn is here it's a nice

8
00:00:46,079 --> 00:00:43,989
time of the year on this week's show we

9
00:00:50,310 --> 00:00:46,089
speak to Andhra spinda from the

10
00:00:52,290 --> 00:00:50,320
Hungarian skeptics yes hungry hmm what

11
00:00:55,229 --> 00:00:52,300
place will we visit next in Europe I

12
00:00:57,000 --> 00:00:55,239
wonder or anywhere around the world I do

13
00:00:59,520 --> 00:00:57,010

like having skeptics from around the

14

00:01:01,729 --> 00:00:59,530

world coming on the show we're going to

15

00:01:03,929 --> 00:01:01,739

find out what's going on in hungry with

16

00:01:06,240 --> 00:01:03,939

skepticism going to get up to what

17

00:01:08,850 --> 00:01:06,250

they're looking at what their opinion is

18

00:01:10,530 --> 00:01:08,860

what they like to drink of their

19

00:01:12,950 --> 00:01:10,540

favorite restaurant it now lot all sorts

20

00:01:15,929 --> 00:01:12,960

of things coming up when we talk to the

21

00:01:17,539 --> 00:01:15,939

Hungarian skeptics and I was so glad

22

00:01:21,780 --> 00:01:17,549

when they made contact with me and

23

00:01:23,730 --> 00:01:21,790

suggested that we have an interview nice

24

00:01:25,649 --> 00:01:23,740

work and following that it's a week

25

00:01:29,219 --> 00:01:25,659

insights from the Royal Institution of

26

00:01:32,940 --> 00:01:29,229

Australia in Adelaide RI odds are I aus

27

00:01:35,999 --> 00:01:32,950

dog a you what a popular segment a week

28

00:01:37,980 --> 00:01:36,009

in science is and then it's Maynard

29

00:01:40,709 --> 00:01:37,990

spooky action the other week may not

30

00:01:44,459 --> 00:01:40,719

join us at skeptics in the pub and he

31

00:01:47,609 --> 00:01:44,469

speaks to Gabriel mastin about diet and

32

00:01:49,200 --> 00:01:47,619

food myths and and all the nonsense that

33

00:01:50,520 --> 00:01:49,210

goes along with what you should eat or

34

00:01:52,469 --> 00:01:50,530

what you shouldn't eat or what the

35

00:01:54,539 --> 00:01:52,479

latest failures or don't eat this or

36

00:01:56,459 --> 00:01:54,549

don't drink that or gluten is bad or

37

00:01:58,859 --> 00:01:56,469

gluten is okay and then gluten is bad

38

00:02:02,309 --> 00:01:58,869

again I had some gluten the other day

39

00:02:04,980 --> 00:02:02,319

I'm sure I did that's coming up to round

40

00:02:07,109 --> 00:02:04,990

off the show but before we get stuck

41

00:02:09,480 --> 00:02:07,119

into the interviews very important news

42

00:02:13,530 --> 00:02:09,490

coming out of Australia and it's really

43

00:02:16,530 --> 00:02:13,540

just our exploded today so to speak

44

00:02:20,720 --> 00:02:16,540

exploded onto the media the federal

45

00:02:24,720 --> 00:02:20,730

government is acting on people who

46

00:02:27,360 --> 00:02:24,730

basically dodge the vax we might be able

47

00:02:30,899 --> 00:02:27,370

to say tightening up a loophole that

48

00:02:33,899 --> 00:02:30,909

gave parents and out when they didn't

49

00:02:34,500 --> 00:02:33,909

want to vaccinate their children it's

50

00:02:36,300 --> 00:02:34,510

best if

51

00:02:40,770 --> 00:02:36,310

I read in fact I'll read the press

52

00:02:43,199 --> 00:02:40,780

release from our Scott Morrison who is

53

00:02:44,670 --> 00:02:43,209

the Federal Minister for Social Services

54

00:02:47,460 --> 00:02:44,680

and I'm sure this will give you a better

55

00:02:50,039 --> 00:02:47,470

idea now we'll be covering this story I

56

00:02:53,039 --> 00:02:50,049

think in next week's episode as well

57

00:02:55,979 --> 00:02:53,049

because it's only just it's only really

58

00:02:57,479 --> 00:02:55,989

hit the Airways today and I'm sure in

59

00:02:59,819 --> 00:02:57,489

the coming week there's just going to be

60

00:03:02,789 --> 00:02:59,829

enormous reaction to this news from the

61

00:03:05,460 --> 00:03:02,799

flying monkeys the anti-vaccination

62

00:03:08,130 --> 00:03:05,470

crowd so here is the release as

63

00:03:13,589 --> 00:03:08,140

published on the website of Scott

64

00:03:16,890 --> 00:03:13,599

Morrison DSS govt you know jab no play

65

00:03:19,680 --> 00:03:16,900

and no pay for childcare 12th of April

66

00:03:22,250 --> 00:03:19,690

2015 joint media release with Prime

67

00:03:25,170 --> 00:03:22,260

Minister the Honorable Tony Abbott MP

68

00:03:27,750 --> 00:03:25,180

the Commonwealth Government will end the

69

00:03:30,589 --> 00:03:27,760

conscientious objector exemption on

70

00:03:33,690 --> 00:03:30,599

children's vaccinations for access to

71

00:03:36,180 --> 00:03:33,700

taxpayer-funded child care benefits the

72

00:03:39,089 --> 00:03:36,190

childcare rebate and the Family Tax

73

00:03:41,879 --> 00:03:39,099

Benefit Part A end-of-year supplement

74

00:03:43,830 --> 00:03:41,889

from 1 january 2016 parents who

75

00:03:45,539 --> 00:03:43,840

vaccinate their children should have

76

00:03:48,360 --> 00:03:45,549

confidence that they can take their

77

00:03:50,369 --> 00:03:48,370

children to child care without the fear

78

00:03:53,000 --> 00:03:50,379

that their children will be at risk at

79

00:03:55,680 --> 00:03:53,010

contracting a serious or potentially

80

00:03:58,379 --> 00:03:55,690

life-threatening illness because of the

81

00:04:01,530 --> 00:03:58,389

conscientious objections of others from

82

00:04:04,559 --> 00:04:01,540

1 january 2016 conscientious objection

83

00:04:07,020 --> 00:04:04,569

will be removed as an exemption category

84

00:04:09,629 --> 00:04:07,030

for child care payments child care

85

00:04:12,270 --> 00:04:09,639

benefit and childcare rebate and the

86

00:04:15,270 --> 00:04:12,280

Family Tax Benefit Part A and the Veer

87

00:04:18,390 --> 00:04:15,280

supplement immunization requirements for

88

00:04:20,520 --> 00:04:18,400

the payment of FTB Part A and Devere

89

00:04:23,219 --> 00:04:20,530

supplement will also be extended to

90

00:04:25,980 --> 00:04:23,229

include children of all ages currently

91

00:04:29,610 --> 00:04:25,990

vaccination status is only checked at

92

00:04:31,710 --> 00:04:29,620

ages 12 and five years existing

93

00:04:33,960 --> 00:04:31,720

exemptions on medical or religious

94

00:04:36,149 --> 00:04:33,970

grounds will continue however a

95

00:04:39,600 --> 00:04:36,159

religious objection will only be

96

00:04:41,550 --> 00:04:39,610

available where the person is affiliated

97

00:04:44,700 --> 00:04:41,560

with a religious group where the

98

00:04:46,770 --> 00:04:44,710

governing body as a formal registered

99

00:04:48,780 --> 00:04:46,780

objection approved by the

100

00:04:50,730 --> 00:04:48,790

government this means that vaccine

101

00:04:53,490 --> 00:04:50,740

objectives will not be able to access

102

00:04:55,860 --> 00:04:53,500

these government payments the new policy

103

00:04:57,629 --> 00:04:55,870

will tighten up the rules and reinforce

104

00:05:00,240 --> 00:04:57,639

the importance of immunization and

105

00:05:03,420 --> 00:05:00,250

protecting public health especially for

106

00:05:05,490 --> 00:05:03,430

children Australia now has childhood

107

00:05:08,310 --> 00:05:05,500

vaccination rates over ninety percent

108

00:05:10,470 --> 00:05:08,320

from one to five years of age but more

109

00:05:12,930 --> 00:05:10,480

needs to be done to ensure we protect

110

00:05:15,510 --> 00:05:12,940

our children and our community from

111

00:05:17,580 --> 00:05:15,520

preventable diseases while vaccination

112

00:05:19,500 --> 00:05:17,590

rates in Australia had increased since

113

00:05:21,890 --> 00:05:19,510

childhood immunization register was

114

00:05:25,560 --> 00:05:21,900

established by the Howard government in

115

00:05:27,630 --> 00:05:25,570

1996 vaccine objection rates for

116

00:05:30,600 --> 00:05:27,640

children under the age of seven have

117

00:05:33,180 --> 00:05:30,610

also increased steadily especially under

118

00:05:36,600 --> 00:05:33,190

the conscientious objector category the

119

00:05:38,540 --> 00:05:36,610

vast majority of FB t families meet the

120

00:05:41,790 --> 00:05:38,550

current immunization requirement at

121

00:05:45,240 --> 00:05:41,800

relevant age point around ninety-seven

122

00:05:47,370 --> 00:05:45,250

percent however more than 39,000

123

00:05:49,260 --> 00:05:47,380

children under the age of seven are not

124

00:05:52,080 --> 00:05:49,270

vaccinated because their parents are

125

00:05:54,930 --> 00:05:52,090

vaccine objectors this is an increase of

126
00:05:57,659 --> 00:05:54,940
more than 24,000 children over 10 years

127
00:06:00,210 --> 00:05:57,669
the government is extremely concerned

128
00:06:03,180 --> 00:06:00,220
that the risk this poses to other young

129
00:06:05,130 --> 00:06:03,190
children and the broader community the

130
00:06:07,710 --> 00:06:05,140
choice made by families not to immunize

131
00:06:10,950 --> 00:06:07,720
their children is not supported by the

132
00:06:13,350 --> 00:06:10,960
public policy or medical research nor

133
00:06:15,750 --> 00:06:13,360
should such action be supported by the

134
00:06:18,770 --> 00:06:15,760
taxpayers in the form of child care

135
00:06:22,770 --> 00:06:18,780
payments for more information visit

136
00:06:25,800 --> 00:06:22,780
www.money services govier you so in

137
00:06:29,340 --> 00:06:25,810
short if people object to having their

138
00:06:33,270 --> 00:06:29,350

children vaccinated they could end up

139

00:06:35,070 --> 00:06:33,280

losing government payments as I said

140

00:06:38,190 --> 00:06:35,080

we'll be covering this more next week

141

00:06:40,640 --> 00:06:38,200

but in an unusual step for the skeptic

142

00:06:43,800 --> 00:06:40,650

zone I'm going to play a short audio

143

00:06:47,250 --> 00:06:43,810

bite from a press conference with the

144

00:06:50,040 --> 00:06:47,260

Prime Minister Tony Abbott in future and

145

00:06:52,890 --> 00:06:50,050

I will only be able to continue to

146

00:06:56,659 --> 00:06:52,900

receive for child care payments and the

147

00:06:58,820 --> 00:06:56,669

Family Tax Benefit Part I supplement on

148

00:07:01,730 --> 00:06:58,830

if their children are

149

00:07:05,330 --> 00:07:01,740

immunized on religious or medical

150

00:07:07,570 --> 00:07:05,340

grounds yes people I can if they like

151
00:07:09,740 --> 00:07:07,580
object to having their kids vaccinated

152
00:07:12,200 --> 00:07:09,750
but if you don't have your children

153
00:07:15,350 --> 00:07:12,210
vaccinated are than on strictly

154
00:07:17,450 --> 00:07:15,360
religious or medical grounds you won't

155
00:07:20,510 --> 00:07:17,460
qualify for the supplement and you won't

156
00:07:22,310 --> 00:07:20,520
qualify for the child care payments so

157
00:07:25,700 --> 00:07:22,320
important news coming out of Australia

158
00:07:28,790 --> 00:07:25,710
now some other interesting news and news

159
00:07:31,850 --> 00:07:28,800
that they must say just makes me smile

160
00:07:33,820 --> 00:07:31,860
from ear to ear folks a couple of weeks

161
00:07:38,500 --> 00:07:33,830
ago we had on the skeptic zone in fact

162
00:07:40,640 --> 00:07:38,510
episode 336 pontus bachmann from sweden

163
00:07:43,400 --> 00:07:40,650

apologies if i didn't pronounce that one

164

00:07:46,090 --> 00:07:43,410

right and though we had a great chat now

165

00:07:48,380 --> 00:07:46,100

pontus contacted me to get a copy of the

166

00:07:51,140 --> 00:07:48,390

vaccination chronicles DVD which I

167

00:07:53,690 --> 00:07:51,150

whacked in the post and posted that off

168

00:07:55,310 --> 00:07:53,700

to Sweden and he had a look at that and

169

00:07:59,180 --> 00:07:55,320

thought that was pretty good and then an

170

00:08:01,190 --> 00:07:59,190

idea struck him he wanted to distribute

171

00:08:04,250 --> 00:08:01,200

it in Sweden make lots of copies which

172

00:08:07,820 --> 00:08:04,260

great that's what it's there for and he

173

00:08:11,840 --> 00:08:07,830

suggested to me that the whole DVD could

174

00:08:14,240 --> 00:08:11,850

be may be converted translated into

175

00:08:17,240 --> 00:08:14,250

swedish now what that means of course is

176

00:08:20,210 --> 00:08:17,250

adding subtitles to the to the main

177

00:08:22,310 --> 00:08:20,220

feature movie the the documentary in

178

00:08:23,900 --> 00:08:22,320

swedish and there are lots of subtitles

179

00:08:26,810 --> 00:08:23,910

and different languages but it also

180

00:08:29,600 --> 00:08:26,820

means all the menus and all that the

181

00:08:31,700 --> 00:08:29,610

cover art nor the text all translated

182

00:08:34,010 --> 00:08:31,710

and converted into swedish so in swedish

183

00:08:35,450 --> 00:08:34,020

people use the DVD they don't have to

184

00:08:38,990 --> 00:08:35,460

worry about English at all it's all in

185

00:08:41,800 --> 00:08:39,000

Swedish and when they run the film the

186

00:08:46,310 --> 00:08:41,810

swedish subtitles automatically appear

187

00:08:48,700 --> 00:08:46,320

wow so my knuckle down and with the help

188

00:08:50,750 --> 00:08:48,710

of Pontus sending me the correct

189

00:08:54,950 --> 00:08:50,760

translations and the correct words to

190

00:08:57,500 --> 00:08:54,960

use I re-mastered the DVD uploaded that

191

00:08:59,840 --> 00:08:57,510

took a long time because of her slow

192

00:09:03,170 --> 00:08:59,850

uploads but took 24 hours to upload the

193

00:09:05,210 --> 00:09:03,180

disk image where he examined it and gave

194

00:09:06,800 --> 00:09:05,220

it a big test pointed out one or two

195

00:09:09,290 --> 00:09:06,810

little errors which we corrected

196

00:09:11,180 --> 00:09:09,300

uploaded another version and I'm pleased

197

00:09:11,990 --> 00:09:11,190

to say he's making lots of copies of

198

00:09:15,490 --> 00:09:12,000

that now

199

00:09:18,020 --> 00:09:15,500

wow that's what I call international

200

00:09:21,260 --> 00:09:18,030

cooperation among the skeptical

201
00:09:23,800 --> 00:09:21,270
community a really good news story there

202
00:09:26,210 --> 00:09:23,810
so I say thank you Ponder's for

203
00:09:28,340 --> 00:09:26,220
suggesting that idea to me and I'm just

204
00:09:34,330 --> 00:09:28,350
tickled pink and of course the Swedish

205
00:09:37,010 --> 00:09:34,340
skeptics can be found at ww vo fsae and

206
00:09:39,230 --> 00:09:37,020
finally yes I know you're just dying to

207
00:09:42,430 --> 00:09:39,240
get into the skeptic zone we're nearly

208
00:09:44,960 --> 00:09:42,440
there finally some other good news I'm

209
00:09:46,460 --> 00:09:44,970
absolutely delighted once again I my

210
00:09:48,350 --> 00:09:46,470
goodness me I'll have to lie down for a

211
00:09:50,660 --> 00:09:48,360
week after this to let you know that the

212
00:09:54,110 --> 00:09:50,670
skeptics own podcast is in the short

213
00:09:56,960 --> 00:09:54,120

list the short list to win an awesome

214

00:09:58,970 --> 00:09:56,970

award which is presented at their QED

215

00:10:01,640 --> 00:09:58,980

conference that's sold out by the way

216

00:10:05,090 --> 00:10:01,650

and I'm not surprised and that's from

217

00:10:08,900 --> 00:10:05,100

there the skeptic of course in in the UK

218

00:10:11,270 --> 00:10:08,910

the UK magazine the skeptic and yes they

219

00:10:13,460 --> 00:10:11,280

let me know the other day that this

220

00:10:17,270 --> 00:10:13,470

podcast is in the short list the running

221

00:10:20,600 --> 00:10:17,280

to win a knock'em award which is in the

222

00:10:22,670 --> 00:10:20,610

shape of a giant razor blade wow that's

223

00:10:24,650 --> 00:10:22,680

that's great news that's really great

224

00:10:29,780 --> 00:10:24,660

news and you can find out more by

225

00:10:33,140 --> 00:10:29,790

visiting w WC eptic org UK and a big

226

00:10:35,060 --> 00:10:33,150

shout out to all the UK skeptics as get

227

00:10:38,440 --> 00:10:35,070

pics from the Merseyside the Manchester

228

00:10:40,760 --> 00:10:38,450

people I wish I could be with you at QED

229

00:10:42,680 --> 00:10:40,770

regardless it's it's such a great

230

00:10:45,140 --> 00:10:42,690

convention and again I'm not surprised

231

00:10:48,380 --> 00:10:45,150

and sold out anyway all that you all

232

00:10:51,950 --> 00:10:48,390

know how the skeptic zone ends up going

233

00:10:55,780 --> 00:10:51,960

in the Occam prize but for now it's time

234

00:11:00,440 --> 00:10:55,790

for me to run downstairs have a nice

235

00:11:02,690 --> 00:11:00,450

slice of sourdough toast with a little

236

00:11:07,010 --> 00:11:02,700

bit of cream cheese and maybe a slither

237

00:11:08,300 --> 00:11:07,020

of smoked salmon oh yeah yeah that

238

00:11:38,240 --> 00:11:08,310

sounds pretty good while I'm doing that

239

00:11:42,060 --> 00:11:40,410

well we've been going all around the

240

00:11:43,740 --> 00:11:42,070

world lately well all around Europe

241

00:11:45,660 --> 00:11:43,750

parts of the world on the skeptics own

242

00:11:47,580 --> 00:11:45,670

interviewing all sorts of people and I'm

243

00:11:50,370 --> 00:11:47,590

delighted to say that I was contacted by

244

00:11:52,500 --> 00:11:50,380

a representative of the Hungarian

245

00:11:54,720 --> 00:11:52,510

skeptics just the other week and I'm

246

00:11:58,190 --> 00:11:54,730

delighted to have on the line all the

247

00:12:00,510 --> 00:11:58,200

way from Hungary undress pinder hello

248

00:12:02,580 --> 00:12:00,520

hello Richard it's nice to be on the

249

00:12:04,440 --> 00:12:02,590

show thank you very much and thanks for

250

00:12:06,210 --> 00:12:04,450

dropping me a note saying hello it was

251
00:12:08,340 --> 00:12:06,220
really nice to make contact with you and

252
00:12:12,330 --> 00:12:08,350
just for our international listeners

253
00:12:15,900 --> 00:12:12,340
where exactly are you in hungry well my

254
00:12:20,390 --> 00:12:15,910
hometown where I do live it's um it's

255
00:12:24,600 --> 00:12:20,400
called see cash for Hitler it's 22 Dan

256
00:12:27,720 --> 00:12:24,610
Southwest to from from the capital about

257
00:12:32,160 --> 00:12:27,730
70 kilometers that I can use for four

258
00:12:35,250 --> 00:12:32,170
Australian listeners right yeah and for

259
00:12:38,100 --> 00:12:35,260
everybody else who use using miles well

260
00:12:39,150 --> 00:12:38,110
just imagine a nice day's drive or half

261
00:12:41,730 --> 00:12:39,160
a day's drive or something like that

262
00:12:44,910 --> 00:12:41,740
yeah yeah guys know it's a couple of

263
00:12:47,130 --> 00:12:44,920

hours really oh well it's an hour from

264

00:12:48,960 --> 00:12:47,140

the capital I'll start again it's

265

00:12:51,720 --> 00:12:48,970

probably now depending on the roads it's

266

00:12:53,340 --> 00:12:51,730

not very very bar it's in effect if

267

00:12:54,960 --> 00:12:53,350

anybody's looking at a map of hungry

268

00:12:56,910 --> 00:12:54,970

there's Budapest to capital there and

269

00:12:59,310 --> 00:12:56,920

just sort of to the west southwest

270

00:13:00,510 --> 00:12:59,320

there's a nice big lake in your smack

271

00:13:02,100 --> 00:13:00,520

bang in the middle that looks like a

272

00:13:06,180 --> 00:13:02,110

nice lake it looks like a nice place to

273

00:13:08,190 --> 00:13:06,190

visit it is so the next time you're

274

00:13:10,320 --> 00:13:08,200

coming over to Hungary make sure you

275

00:13:12,329 --> 00:13:10,330

drop me a line before that and I'm gonna

276
00:13:15,150 --> 00:13:12,339
show you around because I'm a trained

277
00:13:17,250 --> 00:13:15,160
tour guide it that's what an author what

278
00:13:18,810 --> 00:13:17,260
an offer I will certainly take you up on

279
00:13:21,180 --> 00:13:18,820
that the next time in hungry which would

280
00:13:22,530 --> 00:13:21,190
be by strange coincidence the first time

281
00:13:25,500 --> 00:13:22,540
I'll being hungry would be the next time

282
00:13:28,140 --> 00:13:25,510
in hungry but I did it forward to that

283
00:13:30,120 --> 00:13:28,150
now let's find out more about the

284
00:13:31,770 --> 00:13:30,130
skeptical movement in hungry how long

285
00:13:32,190 --> 00:13:31,780
has there been a skeptical movement

286
00:13:37,300 --> 00:13:32,200
there

287
00:13:40,210 --> 00:13:37,310
it's been going on for quite a while net

288
00:13:44,170 --> 00:13:40,220

I think it's going to be this year no

289

00:13:48,130 --> 00:13:44,180

last year was the time when there was

290

00:13:50,980 --> 00:13:48,140

the 20th hung annual conference of

291

00:13:55,240 --> 00:13:50,990

Hungarian skeptics wow that's great yeah

292

00:13:58,210 --> 00:13:55,250

and I'm very happy to report that even

293

00:14:02,019 --> 00:13:58,220

though I'm pretty young I'm I'm I'm only

294

00:14:06,760 --> 00:14:02,029

33 but I've been to almost all of them

295

00:14:11,620 --> 00:14:06,770

um yeah well done oh I started I started

296

00:14:15,220 --> 00:14:11,630

quite early this this this activism mine

297

00:14:18,010 --> 00:14:15,230

and let me ask you why what got you into

298

00:14:19,990 --> 00:14:18,020

into skepticism other people have many

299

00:14:22,660 --> 00:14:20,000

stories of why they got interested in

300

00:14:24,420 --> 00:14:22,670

this sort of thing that we do what's

301
00:14:28,840 --> 00:14:24,430
your background why are you interested

302
00:14:32,610 --> 00:14:28,850
my background is UFOs to be honest yes a

303
00:14:35,440 --> 00:14:32,620
bit because I was so much into UFOs I

304
00:14:39,840 --> 00:14:35,450
contacted the the the local astronomy

305
00:14:42,699 --> 00:14:39,850
group the group of amateur astronomers

306
00:14:46,500 --> 00:14:42,709
the Hermann tell Carlos public

307
00:14:50,260 --> 00:14:46,510
Observatory mhm and I went there I

308
00:14:53,470 --> 00:14:50,270
started listening very closely to what

309
00:14:59,199 --> 00:14:53,480
they were saying and soon I realized

310
00:15:02,490 --> 00:14:59,209
that the the real world in itself is

311
00:15:06,880 --> 00:15:02,500
much more interesting than than than the

312
00:15:10,180 --> 00:15:06,890
imagined stuff like UFOs and so it was a

313
00:15:12,310 --> 00:15:10,190

gradual change in my in my mindset but

314

00:15:15,790 --> 00:15:12,320

but I'm very grateful for those people

315

00:15:18,010 --> 00:15:15,800

who who did that to me I think you know

316

00:15:20,760 --> 00:15:18,020

I can tell a similar sort of story

317

00:15:23,710 --> 00:15:20,770

especially when I was much younger UFOs

318

00:15:25,240 --> 00:15:23,720

fascinated me because I really thought

319

00:15:27,310 --> 00:15:25,250

they were coming and I really thought

320

00:15:28,780 --> 00:15:27,320

there in aliens visiting the world and I

321

00:15:30,819 --> 00:15:28,790

really wanted to find out more and

322

00:15:33,010 --> 00:15:30,829

monsters and mysteries and ghosts and

323

00:15:34,840 --> 00:15:33,020

all that sort of thing oh yeah you are

324

00:15:36,069 --> 00:15:34,850

right in a strange way they do a lot of

325

00:15:37,420 --> 00:15:36,079

people a favor by getting them

326

00:15:39,370 --> 00:15:37,430

interested in this sort of thing but

327

00:15:42,670 --> 00:15:39,380

then we can progress to the real science

328

00:15:45,500 --> 00:15:42,680

and which we find much more satisfying

329

00:15:47,060 --> 00:15:45,510

of course so that's great that's exactly

330

00:15:50,390 --> 00:15:47,070

similar story I heard around the world I

331

00:15:53,090 --> 00:15:50,400

think yeah I think so and the

332

00:15:57,910 --> 00:15:53,100

interesting part is that even James

333

00:16:01,540 --> 00:15:57,920

Randi has a hand in that yeah because

334

00:16:07,490 --> 00:16:01,550

there is there is this journal called

335

00:16:09,230 --> 00:16:07,500

the nature of node the world of nature

336

00:16:11,840 --> 00:16:09,240

sorry it's a Hungarian is the

337

00:16:15,650 --> 00:16:11,850

translation from Hungarian that me sup

338

00:16:19,880 --> 00:16:15,660

talaga what is what it's called and back

339

00:16:23,750 --> 00:16:19,890

back in the 19th the early 1990s he

340

00:16:26,270 --> 00:16:23,760

offered a prize for those who are who

341

00:16:31,370 --> 00:16:26,280

are writing up there they're small

342

00:16:35,900 --> 00:16:31,380

thesis on paranormal activities or

343

00:16:39,410 --> 00:16:35,910

paranormal phenomena and there were 22

344

00:16:45,830 --> 00:16:39,420

young people from my hometown who who

345

00:16:48,620 --> 00:16:45,840

made a crop circle right right mmm at

346

00:16:51,920 --> 00:16:48,630

the edge of my hometown highways and yet

347

00:16:55,070 --> 00:16:51,930

I always wanted to do that yeah and they

348

00:16:57,800 --> 00:16:55,080

got they got a huge publicity uh with

349

00:17:00,050 --> 00:16:57,810

with that story and they ended up

350

00:17:05,000 --> 00:17:00,060

getting the prize from rate James Randi

351
00:17:09,350 --> 00:17:05,010
Wow and then a few years later I was the

352
00:17:12,699 --> 00:17:09,360
one to be awarded and yeah that that

353
00:17:16,699 --> 00:17:12,709
that got me really into this whole thing

354
00:17:21,199 --> 00:17:16,709
finally so so there was no return for me

355
00:17:22,520 --> 00:17:21,209
from from then no return out that sounds

356
00:17:25,040 --> 00:17:22,530
a bit mysterious I like the sound of

357
00:17:26,810 --> 00:17:25,050
that well 20 plus is that there's been

358
00:17:28,820 --> 00:17:26,820
conventions and meetings held there that

359
00:17:30,020 --> 00:17:28,830
that's that's that's impressive i'm glad

360
00:17:31,820 --> 00:17:30,030
you've got that sort of history behind

361
00:17:33,620 --> 00:17:31,830
you but let's say I'm look at what

362
00:17:36,200 --> 00:17:33,630
you're doing in more recent times and

363
00:17:38,240 --> 00:17:36,210

especially maybe with a bigger outreach

364

00:17:39,770 --> 00:17:38,250

and just hungry alone I I understand

365

00:17:44,810 --> 00:17:39,780

that you're involved with the guerrilla

366

00:17:47,270 --> 00:17:44,820

skepticism yes that's right we joined

367

00:17:51,800 --> 00:17:47,280

the guerrilla skepticism Wikipedia led

368

00:17:54,950 --> 00:17:51,810

by by the wonderful Susan jariabek she's

369

00:17:57,919 --> 00:17:54,960

doing a terrific job in in in changing

370

00:18:01,340 --> 00:17:57,929

the world for the better hey I made

371

00:18:03,950 --> 00:18:01,350

page by page exactly word by word that's

372

00:18:05,899 --> 00:18:03,960

available and and and that's that's a

373

00:18:08,629 --> 00:18:05,909

fantastic job there they're doing there

374

00:18:11,239 --> 00:18:08,639

and we decided to join them with a small

375

00:18:16,789 --> 00:18:11,249

group that was a group of about seven

376

00:18:19,730 --> 00:18:16,799

people and I even met Susan at QED last

377

00:18:21,950 --> 00:18:19,740

year QED QED does come up a lot in my

378

00:18:24,980 --> 00:18:21,960

talks with people around the world a lot

379

00:18:26,779 --> 00:18:24,990

I'd consider that to be a really good

380

00:18:28,970 --> 00:18:26,789

convention and I have to agree and in

381

00:18:30,590 --> 00:18:28,980

fact you've just reminded me just before

382

00:18:35,749 --> 00:18:30,600

you went on air when we were chatting

383

00:18:41,419 --> 00:18:35,759

that we met at QED yeah I was too shy to

384

00:18:43,279 --> 00:18:41,429

to really jump at you Oh with all of me

385

00:18:45,049 --> 00:18:43,289

being from the Hungarian skeptics

386

00:18:47,210 --> 00:18:45,059

society and stuff and we just I just

387

00:18:49,299 --> 00:18:47,220

joined the chat you were in with the way

388

00:18:52,039 --> 00:18:49,309

through it so there's some other people

389

00:18:56,450 --> 00:18:52,049

but it was very nice chat and of course

390

00:18:58,639 --> 00:18:56,460

I didn't know well who you were by that

391

00:19:03,259 --> 00:18:58,649

time so because i've been i've been

392

00:19:08,060 --> 00:19:03,269

listening to too many podcasts including

393

00:19:10,820 --> 00:19:08,070

yours for four years by now but that's

394

00:19:13,519 --> 00:19:10,830

great so getting back to the guerrilla

395

00:19:17,539 --> 00:19:13,529

skepticism and what what exactly is your

396

00:19:20,299 --> 00:19:17,549

involvement there well i ended up

397

00:19:22,940 --> 00:19:20,309

leading the hungarian group after doing

398

00:19:27,409 --> 00:19:22,950

the the training that that susan goreck

399

00:19:30,680 --> 00:19:27,419

provides so she's not just expecting

400

00:19:36,049 --> 00:19:30,690

people to jump in and do the work she

401
00:19:37,580 --> 00:19:36,059
she gives you a load of help and yeah

402
00:19:41,359 --> 00:19:37,590
after a while I ended up leading the

403
00:19:44,239 --> 00:19:41,369
group and we are of course responsible

404
00:19:49,340 --> 00:19:44,249
mainly for for taking care of Hungarian

405
00:19:51,289 --> 00:19:49,350
pages and we sometimes have to write up

406
00:19:55,279 --> 00:19:51,299
pages from scratch because because

407
00:20:00,590 --> 00:19:55,289
hungarian wikipedia is is still not

408
00:20:04,310 --> 00:20:00,600
there well where we can find very very

409
00:20:10,580 --> 00:20:04,320
much information and and and sometimes

410
00:20:11,960 --> 00:20:10,590
very useful and reliable information on

411
00:20:16,220 --> 00:20:11,970
the english

412
00:20:19,550 --> 00:20:16,230
kapadia compared to what we can find in

413
00:20:22,250 --> 00:20:19,560

the Hungarian one so we there's a lot of

414

00:20:24,560 --> 00:20:22,260

work to do so I'm not I'm not saying

415

00:20:27,950 --> 00:20:24,570

first there's not too much work to do in

416

00:20:31,490 --> 00:20:27,960

the english wikipedia is just we are

417

00:20:34,240 --> 00:20:31,500

very much behind with the Hungarian one

418

00:20:37,670 --> 00:20:34,250

of course that's partly because of the

419

00:20:41,150 --> 00:20:37,680

community of editors being being much

420

00:20:44,060 --> 00:20:41,160

smaller of course oh but that no but I'm

421

00:20:46,400 --> 00:20:44,070

pleased that we're all part of this this

422

00:20:48,080 --> 00:20:46,410

worldwide if it be it guerrilla

423

00:20:50,990 --> 00:20:48,090

skepticism or just getting out there

424

00:20:54,470 --> 00:20:51,000

writing blogs making podcasts and and

425

00:20:56,570 --> 00:20:54,480

what I find to be a lot of fun and a

426
00:20:58,160 --> 00:20:56,580
good place to make contacts and talk to

427
00:21:00,530 --> 00:20:58,170
people is of course skeptics in the pub

428
00:21:03,950 --> 00:21:00,540
and I understand even in hungry we can

429
00:21:08,380 --> 00:21:03,960
go to skeptics in the pub yes that's

430
00:21:11,990 --> 00:21:08,390
correct we have to we have two venues

431
00:21:15,110 --> 00:21:12,000
for skeptics in the pub the one that's

432
00:21:19,070 --> 00:21:15,120
been going on for years but it's not

433
00:21:22,370 --> 00:21:19,080
very frequently by outsiders mainly from

434
00:21:26,750 --> 00:21:22,380
the members of the Hungarian skeptics

435
00:21:29,990 --> 00:21:26,760
society and and it's halo but there is

436
00:21:35,080 --> 00:21:30,000
another one that's then I started almost

437
00:21:38,630 --> 00:21:35,090
a year ago that's in my hometown and and

438
00:21:40,670 --> 00:21:38,640

that's that skeptics in the pub is is

439

00:21:44,360 --> 00:21:40,680

really aiming to reach people from

440

00:21:46,850 --> 00:21:44,370

outside the the movement so we would

441

00:21:49,370 --> 00:21:46,860

like to we would like to get people into

442

00:21:52,160 --> 00:21:49,380

this this whole thing it's a wonderful

443

00:21:55,190 --> 00:21:52,170

thing it really is a i was at skeptics

444

00:21:57,350 --> 00:21:55,200

in the pub just uh oh as we record this

445

00:21:59,630 --> 00:21:57,360

just last night may not our reporters

446

00:22:01,790 --> 00:21:59,640

there Joe alabaster was there of course

447

00:22:03,950 --> 00:22:01,800

and lots of good skeptics but a lot of

448

00:22:06,050 --> 00:22:03,960

people I'd never met before who'd heard

449

00:22:08,540 --> 00:22:06,060

about skeptics in the pub came along to

450

00:22:11,480 --> 00:22:08,550

hear a talk enjoyed a nice dinner some

451

00:22:14,060 --> 00:22:11,490

drinks and it's just a really wonderful

452

00:22:15,800 --> 00:22:14,070

place to make contact so people i don't

453

00:22:18,470 --> 00:22:15,810

know i think people tend to think

454

00:22:20,840 --> 00:22:18,480

skeptics in the pub is trivial silly or

455

00:22:22,880 --> 00:22:20,850

just as an opportunity to have a drink

456

00:22:26,090 --> 00:22:22,890

it's actually a really important part of

457

00:22:28,549 --> 00:22:26,100

outreach I think yes I

458

00:22:31,850 --> 00:22:28,559

an allegory and but but there are

459

00:22:34,789 --> 00:22:31,860

certain problems like my main problem in

460

00:22:39,890 --> 00:22:34,799

a in a small small town in Hungary it

461

00:22:42,919 --> 00:22:39,900

was where to where to to to organize it

462

00:22:46,490 --> 00:22:42,929

as a venue because if you don't find

463

00:22:48,710 --> 00:22:46,500

venues too easily in a small town where

464

00:22:50,659 --> 00:22:48,720

there is not too much noise so the

465

00:22:53,600 --> 00:22:50,669

background noise is not going to not

466

00:22:55,700 --> 00:22:53,610

going to disturb the whole thing and at

467

00:23:01,039 --> 00:22:55,710

the art on on the other hand it's it can

468

00:23:03,590 --> 00:23:01,049

be quite quite public and finally i'm

469

00:23:06,560 --> 00:23:03,600

happy to report that it seems that we've

470

00:23:09,560 --> 00:23:06,570

refined a right place by now through its

471

00:23:12,680 --> 00:23:09,570

own good say food if anyone anyone is in

472

00:23:14,659 --> 00:23:12,690

SE cash for here are let's join us come

473

00:23:16,430 --> 00:23:14,669

and join us it sounds good to me and

474

00:23:17,810 --> 00:23:16,440

i'll give you a tip next time that we're

475

00:23:19,760 --> 00:23:17,820

it in convention together and you want

476

00:23:21,440 --> 00:23:19,770

to say hello just walk over to me with a

477

00:23:26,659 --> 00:23:21,450

drink in your other hand and it'll be

478

00:23:29,169 --> 00:23:26,669

okay i'll definitely do that if we meet

479

00:23:33,770 --> 00:23:29,179

up again and I would very happy to do it

480

00:23:34,940 --> 00:23:33,780

now um if we in hungry especially with

481

00:23:36,580 --> 00:23:34,950

people all over the world who are

482

00:23:39,500 --> 00:23:36,590

interested in what you're doing I

483

00:23:41,630 --> 00:23:39,510

understand there's a good facebook site

484

00:23:43,549 --> 00:23:41,640

to visit and i will link to that in the

485

00:23:47,210 --> 00:23:43,559

show notes folks for this week but what

486

00:23:51,110 --> 00:23:47,220

is that Facebook side the facebook page

487

00:23:54,020 --> 00:23:51,120

is of course facebook.com slash

488

00:24:00,230 --> 00:23:54,030

skeptical statue shag which is not easy

489

00:24:03,049 --> 00:24:00,240

to spell and n-type I pin but I believe

490

00:24:05,539 --> 00:24:03,059

are on the show notes you will be able

491

00:24:09,200 --> 00:24:05,549

to reach the problem what does that

492

00:24:11,169 --> 00:24:09,210

translate to in english it's a Hungarian

493

00:24:13,549 --> 00:24:11,179

skeptics Society of course it's not

494

00:24:16,130 --> 00:24:13,559

Hungarian is not included in that name

495

00:24:18,680 --> 00:24:16,140

and what's included in the skeptics

496

00:24:23,529 --> 00:24:18,690

society the Hungarian skeptics society

497

00:24:27,020 --> 00:24:23,539

is not is not it's becoming ten-year-old

498

00:24:33,740 --> 00:24:27,030

land next year so it's turning ten years

499

00:24:38,539 --> 00:24:33,750

old in 2016 so it's it's it's not as old

500

00:24:39,670 --> 00:24:38,549

as our conventions for different reasons

501
00:24:44,870 --> 00:24:39,680
but

502
00:24:46,850 --> 00:24:44,880
I've I've written a logical summing up

503
00:24:53,450 --> 00:24:46,860
the two decades of skepticism and

504
00:24:56,660 --> 00:24:53,460
Hungary yeah for for the this si si si

505
00:24:59,330 --> 00:24:56,670
si o P I don't know how it's how it's

506
00:25:01,970 --> 00:24:59,340
how you said and the the Center for

507
00:25:04,010 --> 00:25:01,980
skeptical inquiry the old cyclop the and

508
00:25:06,740 --> 00:25:04,020
the other cycle and I'll link to that

509
00:25:08,270 --> 00:25:06,750
too because you you were showing me that

510
00:25:12,230 --> 00:25:08,280
just before it's quite a good long

511
00:25:14,870 --> 00:25:12,240
article about the movement there yeah

512
00:25:18,590 --> 00:25:14,880
yeah because it's a long movement long

513
00:25:22,360 --> 00:25:18,600

existing movement have we have so far we

514

00:25:26,150 --> 00:25:22,370

have three different conventions a year

515

00:25:27,740 --> 00:25:26,160

so that's that's the one the the annual

516

00:25:31,940 --> 00:25:27,750

conference of Hungarian skeptics there

517

00:25:35,180 --> 00:25:31,950

is the skeptics conference in Budapest

518

00:25:39,070 --> 00:25:35,190

which took place last week last weekend

519

00:25:43,790 --> 00:25:39,080

actually and I even gave a talk on

520

00:25:45,530 --> 00:25:43,800

skeptical activism and and how to do

521

00:25:49,760 --> 00:25:45,540

things instead of just talking about

522

00:25:51,440 --> 00:25:49,770

them and and there is another one that's

523

00:25:53,390 --> 00:25:51,450

organized by the hungarian skeptics

524

00:25:56,780 --> 00:25:53,400

society and and and the purpose of that

525

00:26:00,110 --> 00:25:56,790

one that the last one is that we would

526

00:26:04,340 --> 00:26:00,120

like to reach university students in in

527

00:26:06,590 --> 00:26:04,350

all of the university's cities across

528

00:26:09,190 --> 00:26:06,600

Hungary where there is a large

529

00:26:14,980 --> 00:26:09,200

University and it attracts it would

530

00:26:18,800 --> 00:26:14,990

attract many many students as we hope so

531

00:26:20,810 --> 00:26:18,810

so that's that's the aim and this year

532

00:26:24,770 --> 00:26:20,820

that's that there's going to be another

533

00:26:27,290 --> 00:26:24,780

one in peach last year it was second

534

00:26:29,360 --> 00:26:27,300

right that guy's fantastic i'm really

535

00:26:31,400 --> 00:26:29,370

pleased that there is so much happening

536

00:26:33,170 --> 00:26:31,410

hungry I had no idea it's really

537

00:26:35,150 --> 00:26:33,180

pleasing to know that that you're doing

538

00:26:37,340 --> 00:26:35,160

this and now hopefully through the

539

00:26:39,320 --> 00:26:37,350

skeptics and a lot more people will hear

540

00:26:41,620 --> 00:26:39,330

about it why don't you give it a short

541

00:26:46,840 --> 00:26:41,630

message to our Hungarian Lissa's in

542

00:26:50,830 --> 00:26:46,850

Hungarian I think that would be good ok

543

00:26:54,490 --> 00:26:50,840

ha milwaukee Motorcycle Hall got me get

544

00:26:56,550 --> 00:26:54,500

cocky attitude wisdom accor bleep pml-n

545

00:27:00,640 --> 00:26:56,560

capture on was skeptical status a canal

546

00:27:01,870 --> 00:27:00,650

info got skeptic respond who see men not

547

00:27:03,420 --> 00:27:01,880

you're shocked Seattle are you created

548

00:27:05,470 --> 00:27:03,430

because they should mean that connect

549

00:27:09,970 --> 00:27:05,480

well I couldn't have said it better

550

00:27:13,090 --> 00:27:09,980

myself yeah and let me just say for the

551
00:27:14,830 --> 00:27:13,100
sake of allison is are curious although

552
00:27:17,950 --> 00:27:14,840
it'll be in the show notes if you go to

553
00:27:27,280 --> 00:27:17,960
facebook www.facebook.com / then you

554
00:27:34,360 --> 00:27:27,290
type in s z ke pti k us ta our SAS AG

555
00:27:37,030 --> 00:27:34,370
simple as that yeah that is correct you

556
00:27:39,220 --> 00:27:37,040
won't find too too many pieces in

557
00:27:44,230 --> 00:27:39,230
English though because the one of the

558
00:27:46,840 --> 00:27:44,240
aims of this is to to provide Hungarian

559
00:27:51,820 --> 00:27:46,850
content and we are translating a lot of

560
00:27:53,830 --> 00:27:51,830
things like memes arm but yeah that's

561
00:27:55,960 --> 00:27:53,840
why i think i think that the pictures

562
00:27:57,730 --> 00:27:55,970
are quite enjoyable and in themselves i

563
00:27:59,140 --> 00:27:57,740

think there aren't people can always if

564

00:28:01,420 --> 00:27:59,150

they're very curious as always

565

00:28:03,700 --> 00:28:01,430

translating things on google and and

566

00:28:06,760 --> 00:28:03,710

what else and before we go what are some

567

00:28:08,740 --> 00:28:06,770

of the issues that you think are very

568

00:28:13,980 --> 00:28:08,750

important in hungry at the moment from a

569

00:28:16,810 --> 00:28:13,990

skeptical point of view i i'd like to

570

00:28:19,720 --> 00:28:16,820

match that topic with the matter with

571

00:28:24,670 --> 00:28:19,730

the topic of translations because we've

572

00:28:29,320 --> 00:28:24,680

just did the Hungarian translation of

573

00:28:32,440 --> 00:28:29,330

your video the the vaccination

574

00:28:35,500 --> 00:28:32,450

chronicles yes how about that which is a

575

00:28:39,340 --> 00:28:35,510

great movie I cannot emphasize that

576

00:28:44,800 --> 00:28:39,350

enough how great that work is so I'm so

577

00:28:48,570 --> 00:28:44,810

grateful for you to do it and and we

578

00:28:52,630 --> 00:28:48,580

wanted to have a Hungarian subtitles of

579

00:28:55,810 --> 00:28:52,640

for it in order to to to reach Hungarian

580

00:28:58,120 --> 00:28:55,820

audiences and yeah that's that's a topic

581

00:29:00,950 --> 00:28:58,130

we find very important and the reason

582

00:29:03,930 --> 00:29:00,960

why we find the important the topic of

583

00:29:06,060 --> 00:29:03,940

vaccination important is not because we

584

00:29:08,430 --> 00:29:06,070

have so much of a problem with it

585

00:29:11,370 --> 00:29:08,440

because we are among the countries

586

00:29:16,730 --> 00:29:11,380

around the world where there is the

587

00:29:22,830 --> 00:29:16,740

highest number of compulsory vaccination

588

00:29:27,710 --> 00:29:22,840

shots for four children so 11 shots are

589

00:29:31,260 --> 00:29:27,720

given as a mandatory shot to 22 children

590

00:29:36,510 --> 00:29:31,270

from the time of birth all the way up to

591

00:29:40,110 --> 00:29:36,520

the age 11 or 12 I think so we're not in

592

00:29:42,210 --> 00:29:40,120

that much of an of an emergency

593

00:29:45,360 --> 00:29:42,220

situation but the problem is that the

594

00:29:52,770 --> 00:29:45,370

movement reached Hungary too so the

595

00:29:55,050 --> 00:29:52,780

anti-vaccination in in the direction

596

00:29:57,380 --> 00:29:55,060

that they're there they're going to free

597

00:30:04,650 --> 00:29:57,390

other that the whole market of these and

598

00:30:10,860 --> 00:30:04,660

and make it available on a on a on a

599

00:30:13,280 --> 00:30:10,870

choice basis or are as a as a as a

600

00:30:17,160 --> 00:30:13,290

choice instead of a compulsory thing

601
00:30:21,060 --> 00:30:17,170
which is going to be a problem in terms

602
00:30:25,110 --> 00:30:21,070
of health care national health care so

603
00:30:27,960 --> 00:30:25,120
we are trying to do to get there before

604
00:30:29,250 --> 00:30:27,970
them well that's great i'm very pleased

605
00:30:32,820 --> 00:30:29,260
and thank you very much for your kind

606
00:30:34,380 --> 00:30:32,830
words about the documentary i just

607
00:30:39,960 --> 00:30:34,390
recently the copies are being

608
00:30:41,250 --> 00:30:39,970
distributed in in Sweden in Israel of

609
00:30:43,230 --> 00:30:41,260
course it's online in many different

610
00:30:45,360 --> 00:30:43,240
languages so that that's really it gives

611
00:30:47,100 --> 00:30:45,370
me a nice feeling to know that but I'm

612
00:30:48,570 --> 00:30:47,110
very pleased that you made contact with

613
00:30:50,550 --> 00:30:48,580

me again I'm very pleased that you're

614

00:30:52,050 --> 00:30:50,560

able to give us some time and I hope

615

00:30:54,750 --> 00:30:52,060

more and more people and hungry

616

00:30:56,850 --> 00:30:54,760

especially students take the time to

617

00:30:58,620 --> 00:30:56,860

find out more about what you're doing

618

00:31:02,460 --> 00:30:58,630

and make contact and maybe meet up at

619

00:31:06,030 --> 00:31:02,470

the pub yeah that's right so I'm very

620

00:31:08,490 --> 00:31:06,040

happy you you had me on a show and I

621

00:31:10,950 --> 00:31:08,500

wish you all the best for for for their

622

00:31:14,310 --> 00:31:10,960

great work of yours are you doing and

623

00:31:16,620 --> 00:31:14,320

and and not only you but Australia

624

00:31:21,210 --> 00:31:16,630

skeptics you you guys are leading the

625

00:31:22,620 --> 00:31:21,220

way so we are watching closely what

626

00:31:25,080 --> 00:31:22,630

you're doing and and trying to follow

627

00:31:28,080 --> 00:31:25,090

you oh you can come back on the show any

628

00:31:31,379 --> 00:31:28,090

time but thank you thank you so much for

629

00:31:33,269 --> 00:31:31,389

time but for now all the way we send our

630

00:31:50,639 --> 00:31:33,279

best greetings to everybody hungry and

631

00:31:52,950 --> 00:31:50,649

thank you once again thank you good

632

00:31:54,810 --> 00:31:52,960

crashbug a boardwalk a skeptic wish to

633

00:31:56,249 --> 00:31:54,820

shock a desolate it's a skeptic we sell

634

00:31:59,190 --> 00:31:56,259

visit a girl group I thana channel

635

00:32:00,600 --> 00:31:59,200

Annika meet the skeptics on podcast haga

636

00:32:02,519 --> 00:32:00,610

to a vision heritage from Tosh

637

00:32:04,440 --> 00:32:02,529

metropolis add to the manual control to

638

00:32:06,769 --> 00:32:04,450

share alike when she touched a critical

639

00:32:09,269 --> 00:32:06,779

gondola station an excel sheet a sheet l

640

00:32:10,950 --> 00:32:09,279

said nearly is 20 and then he can shake

641

00:32:13,470 --> 00:32:10,960

member travelin coca-cola taught or

642

00:32:15,600 --> 00:32:13,480

David upon skeptical starter shack 12 or

643

00:32:17,850 --> 00:32:15,610

just info at skeptic wishbone [h__h] man

644

00:32:20,430 --> 00:32:17,860

to a boy Allen film at the Facebook

645

00:32:22,950 --> 00:32:20,440

laudanum cottage amita facebook.com /

646

00:32:27,509 --> 00:32:22,960

skeptical star Shakti mandalas volume

647

00:32:29,879 --> 00:32:27,519

into our insulated dharamdas Vania hi

648

00:32:32,039 --> 00:32:29,889

this is garba raas co-president of the

649

00:32:33,749 --> 00:32:32,049

Hungarian skeptics society and chairman

650

00:32:36,659 --> 00:32:33,759

of the European Council of skeptical

651
00:32:38,999 --> 00:32:36,669
organizations a solicitor of the skeptic

652
00:32:40,980 --> 00:32:39,009
zone you probably agree that educating

653
00:32:44,009 --> 00:32:40,990
others about pseudoscience and critical

654
00:32:45,600 --> 00:32:44,019
thinking is an important task if you are

655
00:32:47,399 --> 00:32:45,610
eager to take part in either of these

656
00:32:51,049 --> 00:32:47,409
activities we would be happy to hear

657
00:32:56,850 --> 00:32:51,059
from you don't hesitate to contact us at

658
00:32:58,769 --> 00:32:56,860
www.skory.net skeptical hu we also

659
00:33:01,590 --> 00:32:58,779
recommend you visiting our Facebook page

660
00:33:11,070 --> 00:33:01,600
skeptic wish tasha shack or simply come

661
00:33:16,150 --> 00:33:13,870
welcome to Weekend science from RA oz

662
00:33:18,030 --> 00:33:16,160
bringing you the science you need to

663
00:33:20,680 --> 00:33:18,040

know faster than a speeding bullet

664

00:33:22,500 --> 00:33:20,690

literally two teams are trying to raise

665

00:33:25,600 --> 00:33:22,510

the land speed record to a staggering

666

00:33:27,010 --> 00:33:25,610

1,000 miles per hour let's take a closer

667

00:33:32,980 --> 00:33:27,020

look at these incredible engineering

668

00:33:34,600 --> 00:33:32,990

projects one project trying to achieve

669

00:33:38,080 --> 00:33:34,610

this mind-boggling feat is the

670

00:33:40,390 --> 00:33:38,090

Bloodhound SSC project from the UK their

671

00:33:43,690 --> 00:33:40,400

car is powered by a jet engine and a

672

00:33:48,010 --> 00:33:43,700

rocket engine together providing 47,000

673

00:33:50,530 --> 00:33:48,020

pounds of thrust or around 135,000

674

00:33:53,310 --> 00:33:50,540

horsepower for every doubling of speed

675

00:33:56,140 --> 00:33:53,320

aerodynamic drag is increased fourfold

676
00:33:58,060 --> 00:33:56,150
meaning at 1,000 miles per hour the

677
00:34:00,790 --> 00:33:58,070
engines will be pushing the car through

678
00:34:03,250 --> 00:34:00,800
11 tons per square meter of air pressure

679
00:34:05,500 --> 00:34:03,260
the aerodynamic forces are unlike

680
00:34:07,930 --> 00:34:05,510
anything seen before and has seen

681
00:34:09,790 --> 00:34:07,940
extensive computational fluid dynamic

682
00:34:12,010 --> 00:34:09,800
studies to not only make the car

683
00:34:16,170 --> 00:34:12,020
efficient enough to reach the target but

684
00:34:22,000 --> 00:34:18,310
challenging Bloodhound is Australia's

685
00:34:23,680 --> 00:34:22,010
Rosco McGlashan in Ozzie invader 5r this

686
00:34:26,220 --> 00:34:23,690
bullet shaped vehicle is powered by a

687
00:34:29,080 --> 00:34:26,230
single rocket engine producing around

688
00:34:32,230 --> 00:34:29,090

62,000 pounds of thrust the equivalent

689

00:34:34,780 --> 00:34:32,240

of around 200 thousand horsepower the

690

00:34:37,270 --> 00:34:34,790

rocket is powered by kerosene and liquid

691

00:34:40,030 --> 00:34:37,280

oxygen one notable design elements of

692

00:34:41,860 --> 00:34:40,040

the car is a v-shaped bottom surface to

693

00:34:44,350 --> 00:34:41,870

deflect shockwaves from underneath the

694

00:34:47,440 --> 00:34:44,360

car providing greater stability during

695

00:34:49,570 --> 00:34:47,450

extremely high speeds and now for fast

696

00:34:53,950 --> 00:34:49,580

facts about how to design a land speed

697

00:34:56,110 --> 00:34:53,960

record breaking car one of the most

698

00:34:58,060 --> 00:34:56,120

important designer aspects of the car is

699

00:35:00,820 --> 00:34:58,070

to have neither lift making the car take

700

00:35:02,770 --> 00:35:00,830

off nor down force pushing it down into

701

00:35:05,440 --> 00:35:02,780

the ground and risking breaking for

702

00:35:07,270 --> 00:35:05,450

suspension one of the most important

703

00:35:10,030 --> 00:35:07,280

design aspects of the car is to have

704

00:35:11,800 --> 00:35:10,040

neither lift making the car take off nor

705

00:35:13,890 --> 00:35:11,810

down force pushing it into the ground

706

00:35:16,270 --> 00:35:13,900

and risk breaking the suspension

707

00:35:18,310 --> 00:35:16,280

breaking from high speeds is also

708

00:35:20,740 --> 00:35:18,320

important Bloodhound use

709

00:35:23,590 --> 00:35:20,750

the cars own aerodynamic drag at very

710

00:35:26,590 --> 00:35:23,600

high speeds then air brakes then

711

00:35:29,530 --> 00:35:26,600

parachutes and finally will brakes to

712

00:35:32,110 --> 00:35:29,540

stop the car the wheels are extremely

713

00:35:34,210 --> 00:35:32,120

important made of solid aluminium alloy

714

00:35:36,640 --> 00:35:34,220

they will spin it over 10,000

715

00:35:38,230 --> 00:35:36,650

revolutions per minute and in contrast

716

00:35:40,030 --> 00:35:38,240

to what you may think it is actually

717

00:35:43,090 --> 00:35:40,040

important to keep the weight of these

718

00:35:45,220 --> 00:35:43,100

cars up to provide stability and to make

719

00:35:47,560 --> 00:35:45,230

sure the wheels maintain traction and do

720

00:35:49,540 --> 00:35:47,570

not slide that's it for this week in

721

00:35:52,390 --> 00:35:49,550

science for more information on these

722

00:35:57,130 --> 00:35:52,400

engineering quests go to the RLS website

723

00:36:00,490 --> 00:35:57,140

RI aus kogda a you follow us on twitter

724

00:36:17,140 --> 00:36:00,500

at arias and like us on facebook i'm ben

725

00:36:20,350 --> 00:36:17,150

lewis and we'll catch you next week from

726

00:36:24,280 --> 00:36:20,360

the Canberra skeptics of ww Canberra

727

00:36:27,460 --> 00:36:24,290

skeptics Ogden a you more great free

728

00:36:31,420 --> 00:36:27,470

talks coming up on Monday the 13th of

729

00:36:34,690 --> 00:36:31,430

April oh let's tomorrow Sex Lies and

730

00:36:37,990 --> 00:36:34,700

nectar the evolutionary biology is

731

00:36:40,240 --> 00:36:38,000

written by flowers speaker dr. michael

732

00:36:42,340 --> 00:36:40,250

whitehead in the eyes of evolution

733

00:36:44,680 --> 00:36:42,350

finding a suitable mate for reproduction

734

00:36:47,410 --> 00:36:44,690

is one of the most critical stages of

735

00:36:49,930 --> 00:36:47,420

any organisms life the great majority of

736

00:36:52,810 --> 00:36:49,940

flowering plants have outsourced this

737

00:36:55,090 --> 00:36:52,820

essential service to animals good grief

738

00:36:56,570 --> 00:36:55,100

they are very clever it seems they're

739

00:36:58,610 --> 00:36:56,580

very clever

740

00:37:01,070 --> 00:36:58,620

but they're not it's just the way things

741

00:37:02,810 --> 00:37:01,080

work you can find out more at this

742

00:37:06,650 --> 00:37:02,820

interesting talk now this will be at the

743

00:37:09,800 --> 00:37:06,660

Aynsley football club 52-week field

744

00:37:11,180 --> 00:37:09,810

avenue and ainsley in the a.c.t for more

745

00:37:14,210 --> 00:37:11,190

information head to that website

746

00:37:16,430 --> 00:37:14,220

Canberra skeptics org a you and coming

747

00:37:18,290 --> 00:37:16,440

up next month it's our very own reporter

748

00:37:21,850 --> 00:37:18,300

and president of Australian skeptics of

749

00:37:26,090 --> 00:37:21,860

runs to give unscathed us ism in

750

00:37:28,310 --> 00:37:26,100

education fifteenth of may 2015 at the

751

00:37:30,920 --> 00:37:28,320

same location the Aynsley football club

752

00:37:33,440 --> 00:37:30,930

two great talks coming up so if you're

753

00:37:35,630 --> 00:37:33,450

in the canberra a CT area head on over

754

00:37:50,810 --> 00:37:35,640

to the website or just turn up on the

755

00:37:57,329 --> 00:37:50,820

night and enjoy those talks here's may

756

00:38:02,049 --> 00:37:59,880

well i'm here with tonight's speaker at

757

00:38:03,760 --> 00:38:02,059

skeptics in the pub and it's probably

758

00:38:05,890 --> 00:38:03,770

one of the most controversial areas it's

759

00:38:08,020 --> 00:38:05,900

full of Wu and that's eating I don't

760

00:38:09,910 --> 00:38:08,030

think sleeping or intelligence or even

761

00:38:12,059 --> 00:38:09,920

sex has as much woo involved as eating

762

00:38:14,529 --> 00:38:12,069

does who is our expert this here tonight

763

00:38:17,289 --> 00:38:14,539

Gabriel mastin and what have you got a

764

00:38:19,960 --> 00:38:17,299

degree in exercise physiology and

765

00:38:21,130 --> 00:38:19,970

Dietetics and what what made you get a

766

00:38:23,140 --> 00:38:21,140

degree in that what attracted you to

767

00:38:26,260 --> 00:38:23,150

that field why did you get that degree I

768

00:38:28,240 --> 00:38:26,270

was always into sport and I was a yo-yo

769

00:38:29,680 --> 00:38:28,250

dieter so I suffered a little bit from

770

00:38:31,299 --> 00:38:29,690

an eating disorder when I was younger

771

00:38:33,190 --> 00:38:31,309

and so I thought there's got to be a

772

00:38:35,920 --> 00:38:33,200

better way of doing this so I'm going to

773

00:38:37,990 --> 00:38:35,930

go get educated and find out how to lose

774

00:38:39,849 --> 00:38:38,000

weight keep it off and not be a mental

775

00:38:41,170 --> 00:38:39,859

case around food well that's what I've

776

00:38:42,579 --> 00:38:41,180

been asking everybody I've been asking

777

00:38:43,960 --> 00:38:42,589

everybody have they ever been on a fad

778

00:38:46,839 --> 00:38:43,970

diet and it sounds like you might have

779

00:38:48,339 --> 00:38:46,849

been on a few I I tried everything

780

00:38:50,020 --> 00:38:48,349

mainly the bodybuilding diets because I

781

00:38:52,510 --> 00:38:50,030

was always in the gym when I was younger

782

00:38:54,460 --> 00:38:52,520

so you know personal trainers telling

783

00:38:55,900 --> 00:38:54,470

you not to eat certain foods not to eat

784

00:38:57,970 --> 00:38:55,910

apples because apples have too much

785

00:39:00,039 --> 00:38:57,980

sugar and that type of thing so didn't

786

00:39:01,359 --> 00:39:00,049

go very well now people always have the

787

00:39:03,069 --> 00:39:01,369

point on their body then I'm happy with

788

00:39:04,420 --> 00:39:03,079

I'm always worried about my guard tour

789

00:39:05,680 --> 00:39:04,430

worried that I'm slouching or something

790

00:39:07,960 --> 00:39:05,690

like that what's the one thing where you

791

00:39:12,670 --> 00:39:07,970

go I've got to do this diet so I can fix

792

00:39:14,589 --> 00:39:12,680

my like these days I'm really quite I

793

00:39:16,450 --> 00:39:14,599

like my body you know I think I've come

794

00:39:18,370 --> 00:39:16,460

a long way with body image issues and

795

00:39:19,569 --> 00:39:18,380

things so I guess I think about everyone

796

00:39:21,700 --> 00:39:19,579

and what's to work on their gut don't

797

00:39:23,230 --> 00:39:21,710

they I guess yeah but you get some

798

00:39:24,430 --> 00:39:23,240

people too obsessed with their buns or

799

00:39:25,660 --> 00:39:24,440

something like that all their abs and

800

00:39:27,339 --> 00:39:25,670

that sort of thing uh yeah you know

801
00:39:29,920 --> 00:39:27,349
everybody wants to have like the line

802
00:39:32,799 --> 00:39:29,930
you know the ABS lines but

803
00:39:34,680 --> 00:39:32,809
yeah you know I'm all about making my

804
00:39:37,870 --> 00:39:34,690
lifestyle my nutrition and exercise

805
00:39:39,190 --> 00:39:37,880
easily to maintain so you know to get

806
00:39:40,990 --> 00:39:39,200
abs that takes a certain level of

807
00:39:43,359 --> 00:39:41,000
sacrifice I'm not willing to make that

808
00:39:45,130 --> 00:39:43,369
sacrifice I like chocolate and when

809
00:39:47,079 --> 00:39:45,140
people come to you what it's a difficult

810
00:39:48,760 --> 00:39:47,089
point where you've got to say look maybe

811
00:39:50,650 --> 00:39:48,770
they need to go to a psychiatrist or a

812
00:39:52,930 --> 00:39:50,660
psychologist how difficult can that be

813
00:39:54,460 --> 00:39:52,940

sometimes it's very difficult but

814

00:39:56,140 --> 00:39:54,470

there's a stigma around seeing a

815

00:39:57,220 --> 00:39:56,150

psychologist I think some people think

816

00:39:59,290 --> 00:39:57,230

you know you're going to judge them

817

00:40:01,210 --> 00:39:59,300

about being a mental case but it's not

818

00:40:02,710 --> 00:40:01,220

really about that it's about combining

819

00:40:04,930 --> 00:40:02,720

the disciplines to make it work better

820

00:40:06,819 --> 00:40:04,940

for you so often you know someone has an

821

00:40:09,160 --> 00:40:06,829

eating disorder or a really poor

822

00:40:10,510 --> 00:40:09,170

self-esteem bad body image step is a

823

00:40:13,089 --> 00:40:10,520

little bit beyond my scope of practice

824

00:40:14,380 --> 00:40:13,099

that's when I refer on now I have had a

825

00:40:15,849 --> 00:40:14,390

theory that I've mentioned to a few

826

00:40:17,530 --> 00:40:15,859

experts it hasn't done too well but

827

00:40:19,210 --> 00:40:17,540

pretty much every medical problem can be

828

00:40:22,420 --> 00:40:19,220

solved with either dexamphetamine or

829

00:40:23,440 --> 00:40:22,430

MDMA and dietary wise why not just dose

830

00:40:25,299 --> 00:40:23,450

everybody up with a huge amount of

831

00:40:27,880 --> 00:40:25,309

German index amphetamine and there you

832

00:40:30,880 --> 00:40:27,890

go weight loss oh gosh because that

833

00:40:33,240 --> 00:40:30,890

affects the brain yeah well there is

834

00:40:36,400 --> 00:40:33,250

that there is that yeah yeah look

835

00:40:38,950 --> 00:40:36,410

they're not long-term solutions to a

836

00:40:41,109 --> 00:40:38,960

life you know a lot of a long term life

837

00:40:42,640 --> 00:40:41,119

I guess so you know you can do the

838

00:40:44,020 --> 00:40:42,650

Jeremiah and stuff for a certain period

839

00:40:46,359 --> 00:40:44,030

of time and they do have a lot of time

840

00:40:48,130 --> 00:40:46,369

ping that's right and then not sleeping

841

00:40:50,170 --> 00:40:48,140

as well and then somehow you're going to

842

00:40:52,270 --> 00:40:50,180

come off it sometimes so better to learn

843

00:40:54,010 --> 00:40:52,280

to deal with the food and your behaviors

844

00:40:55,809 --> 00:40:54,020

straight off the bat rather than going

845

00:40:57,549 --> 00:40:55,819

on to medications this is what you spoke

846

00:40:58,809 --> 00:40:57,559

about with the rebound affecting it and

847

00:41:00,670 --> 00:40:58,819

even without medication you're going to

848

00:41:02,109 --> 00:41:00,680

rebound effect from any diet don't you

849

00:41:03,549 --> 00:41:02,119

sometimes yeah they're pretty much how

850

00:41:05,170 --> 00:41:03,559

you see it all the time people give up

851
00:41:07,809 --> 00:41:05,180
chocolate and then three weeks later

852
00:41:10,059 --> 00:41:07,819
they're binge eating or with the even

853
00:41:12,130 --> 00:41:10,069
with lap band surgery people find out

854
00:41:13,420 --> 00:41:12,140
how to get around it oh yes this is an

855
00:41:15,010 --> 00:41:13,430
interesting one because yeah I see

856
00:41:17,380 --> 00:41:15,020
people that have had that and most

857
00:41:19,599 --> 00:41:17,390
people it doesn't help long term is that

858
00:41:21,819 --> 00:41:19,609
am i right and say that or not so they

859
00:41:23,920 --> 00:41:21,829
are finding now that people after about

860
00:41:25,480 --> 00:41:23,930
10 years of having a lap-band do

861
00:41:28,120 --> 00:41:25,490
actually rebound

862
00:41:29,410 --> 00:41:28,130
percentage so it's not the whole you

863
00:41:31,090 --> 00:41:29,420

know population of people that have lap

864

00:41:32,680 --> 00:41:31,100

bands but there's a big majority and

865

00:41:33,880 --> 00:41:32,690

that's because like I said you learn to

866

00:41:35,859 --> 00:41:33,890

get around these things because I

867

00:41:37,150 --> 00:41:35,869

haven't actually dealt with the issues

868

00:41:39,190 --> 00:41:37,160

which is the emotional eating and

869

00:41:41,650 --> 00:41:39,200

behavior so I've heard of patients

870

00:41:43,540 --> 00:41:41,660

liquefying chocolate bars so that they

871

00:41:45,460 --> 00:41:43,550

can get in more chocolate and of course

872

00:41:47,410 --> 00:41:45,470

that has a lot of calories and that's

873

00:41:49,240 --> 00:41:47,420

what it's all about but what I've done I

874

00:41:51,910 --> 00:41:49,250

don't really call it a diet I followed

875

00:41:53,740 --> 00:41:51,920

it as an Oprah idea I fat busted my

876

00:41:56,680 --> 00:41:53,750

house so I don't have any chocolate

877

00:41:58,960 --> 00:41:56,690

chips ice cream or anything like that in

878

00:42:00,609 --> 00:41:58,970

the house so if i do feel emotionally

879

00:42:02,260 --> 00:42:00,619

attracted or something i don't eat it

880

00:42:03,790 --> 00:42:02,270

but the problem is if I'm at a party and

881

00:42:06,040 --> 00:42:03,800

there's a bit there I will have it at a

882

00:42:07,930 --> 00:42:06,050

party so we'll do it that way is that

883

00:42:09,880 --> 00:42:07,940

any kind of way to run a railroad as far

884

00:42:12,100 --> 00:42:09,890

as a diet goes no I think I'm

885

00:42:14,410 --> 00:42:12,110

environmental cues play a big role in

886

00:42:16,060 --> 00:42:14,420

what we eat so if you put food away in

887

00:42:18,160 --> 00:42:16,070

the cupboards so that you don't see them

888

00:42:20,290 --> 00:42:18,170

and you're not prompted so that appetite

889

00:42:24,160 --> 00:42:20,300

starts to comment on you know in there

890

00:42:26,020 --> 00:42:24,170

the issue then you reduce your eating so

891

00:42:27,850 --> 00:42:26,030

you know not having food in the house is

892

00:42:29,290 --> 00:42:27,860

one way to do it and look there's no

893

00:42:31,480 --> 00:42:29,300

reason why you can't have birthday cake

894

00:42:33,700 --> 00:42:31,490

at a birthday that's a normal part of

895

00:42:35,500 --> 00:42:33,710

eating oh okay yeah well there's also

896

00:42:37,510 --> 00:42:35,510

the bachelor diet that I do which is the

897

00:42:39,430 --> 00:42:37,520

news Lee diet if you're hungry have some

898

00:42:41,170 --> 00:42:39,440

low-fat mutually still hungry have some

899

00:42:43,599 --> 00:42:41,180

warm usually had enough musically don't

900

00:42:45,640 --> 00:42:43,609

eat anymore now that seems to work for

901
00:42:47,320 --> 00:42:45,650
me now a diet airily is there a problem

902
00:42:49,300 --> 00:42:47,330
with that because I do put milk in it so

903
00:42:51,190 --> 00:42:49,310
I'm getting my dairy yeah will you

904
00:42:53,020 --> 00:42:51,200
missing your vegetables and you're free

905
00:42:54,400 --> 00:42:53,030
to take that's like what the frozen food

906
00:42:56,650 --> 00:42:54,410
packages in their thing I just put them

907
00:42:59,349 --> 00:42:56,660
in the microwave bang so I can do that I

908
00:43:00,550 --> 00:42:59,359
just thought if is newly in okay food to

909
00:43:02,380 --> 00:43:00,560
have a few if you're having an emotional

910
00:43:05,020 --> 00:43:02,390
I want to eat something is it reasonably

911
00:43:06,970 --> 00:43:05,030
safe yeah look it depends what brandom

912
00:43:08,560 --> 00:43:06,980
usually choose if it's a rule muesli

913
00:43:10,660 --> 00:43:08,570

that doesn't have any added sugars in

914

00:43:12,280 --> 00:43:10,670

there then that's a good choice but it's

915

00:43:12,859 --> 00:43:12,290

all about portion control remember so

916

00:43:14,749 --> 00:43:12,869

you don't want to

917

00:43:17,150 --> 00:43:14,759

binge eating on muesli just because you

918

00:43:18,470 --> 00:43:17,160

think it's healthy oh yeah what is the

919

00:43:20,089 --> 00:43:18,480

food that people tend to mistakenly

920

00:43:22,940 --> 00:43:20,099

think is healthy and they can eat as

921

00:43:24,799 --> 00:43:22,950

much as they like oh I think gluten free

922

00:43:27,769 --> 00:43:24,809

everybody thinks that gluten free is

923

00:43:29,599 --> 00:43:27,779

calorie free when it's not yeah we'll go

924

00:43:31,160 --> 00:43:29,609

check to Bessie Bardot about this at one

925

00:43:32,870 --> 00:43:31,170

stage she had the gluten-free diet and

926

00:43:34,220 --> 00:43:32,880

all that kind of thing and I didn't do

927

00:43:35,779 --> 00:43:34,230

an investigation what guten was

928

00:43:37,519 --> 00:43:35,789

overlooked it must be something with fat

929

00:43:39,620 --> 00:43:37,529

and that kind of thing and turns out

930

00:43:40,609 --> 00:43:39,630

that really if you are doing that you've

931

00:43:42,890 --> 00:43:40,619

got to all this other stuff to lose

932

00:43:44,960 --> 00:43:42,900

weight yeah yeah you definitely a look

933

00:43:47,599 --> 00:43:44,970

weight loss is all about your calorie

934

00:43:49,130 --> 00:43:47,609

intake yeah and energy expenditure and

935

00:43:50,749 --> 00:43:49,140

that's the money shot that we wanted

936

00:43:52,609 --> 00:43:50,759

that's the one we won't get that and but

937

00:43:54,200 --> 00:43:52,619

people tend to forget that yeah well

938

00:43:55,940 --> 00:43:54,210

because it's too simple for them of

939

00:43:58,400 --> 00:43:55,950

course you know we exclude people with

940

00:43:59,989 --> 00:43:58,410

medical conditions that's different but

941

00:44:01,640 --> 00:43:59,999

it's basically we've got to eat less and

942

00:44:03,289 --> 00:44:01,650

we got to move more and I think they're

943

00:44:04,940 --> 00:44:03,299

moving more as well as where people

944

00:44:06,859 --> 00:44:04,950

forget because people don't like doing

945

00:44:08,839 --> 00:44:06,869

exercise so sometimes it's easier to do

946

00:44:11,150 --> 00:44:08,849

a fad diet and starve yourself then

947

00:44:12,980 --> 00:44:11,160

actually going outside for a walk so

948

00:44:14,660 --> 00:44:12,990

that's what we got to change and when it

949

00:44:15,769 --> 00:44:14,670

comes to body image you obviously deal

950

00:44:19,039 --> 00:44:15,779

with people all the time they have a

951
00:44:20,569 --> 00:44:19,049
skewed body image um how should you do

952
00:44:22,700 --> 00:44:20,579
it should you work it out on your BMI

953
00:44:24,229 --> 00:44:22,710
how you feel happy about yourself how

954
00:44:26,900 --> 00:44:24,239
you ask your friends what's the way to

955
00:44:28,849 --> 00:44:26,910
work it out yeah there's always a

956
00:44:30,340 --> 00:44:28,859
predetermined level or a shape that we

957
00:44:32,020 --> 00:44:30,350
like we'll wait about

958
00:44:34,300 --> 00:44:32,030
so so you gotta ask yourself what's

959
00:44:35,770 --> 00:44:34,310
comfortable for starters what's keeping

960
00:44:38,920 --> 00:44:35,780
your health in check so if your blood

961
00:44:40,450 --> 00:44:38,930
work is all normal then that's okay but

962
00:44:43,000 --> 00:44:40,460
you have to be happy with what you look

963
00:44:44,620 --> 00:44:43,010

like in the mirror yeah because you can

964

00:44:47,590 --> 00:44:44,630

be within the BMI but if you're not

965

00:44:50,230 --> 00:44:47,600

happy well then what's the point and you

966

00:44:51,850 --> 00:44:50,240

know the level of sacrifice so what's

967

00:44:53,710 --> 00:44:51,860

the point of being in a healthy body

968

00:44:56,050 --> 00:44:53,720

weight range if you have to starve

969

00:44:57,580 --> 00:44:56,060

yourself all day so again someone can

970

00:45:01,060 --> 00:44:57,590

still be healthy and sit in the

971

00:45:02,770 --> 00:45:01,070

overweight category you know have good

972

00:45:05,920 --> 00:45:02,780

blood work and stuff without overly

973

00:45:07,420 --> 00:45:05,930

restricting or feeling deprived and when

974

00:45:09,430 --> 00:45:07,430

you come down on the side of women's

975

00:45:11,260 --> 00:45:09,440

magazines having an effect on people's

976
00:45:13,810 --> 00:45:11,270
body image generally and the popular

977
00:45:15,220 --> 00:45:13,820
culture runs in the supermarket queue

978
00:45:16,210 --> 00:45:15,230
and they see someone in a magazine who

979
00:45:18,010 --> 00:45:16,220
doesn't look like that anyway because

980
00:45:20,920 --> 00:45:18,020
it's mean Photoshop and what do you

981
00:45:22,690 --> 00:45:20,930
think of that yeah all those images and

982
00:45:24,910 --> 00:45:22,700
especially on social media to seeing

983
00:45:27,220 --> 00:45:24,920
perfect bodies all the time really you

984
00:45:30,010 --> 00:45:27,230
know warps our version of the world

985
00:45:31,480 --> 00:45:30,020
which is it helpful so now generate for

986
00:45:33,700 --> 00:45:31,490
teens and stuff I wouldn't recommend

987
00:45:35,410 --> 00:45:33,710
that they follow like fitspo for example

988
00:45:37,570 --> 00:45:35,420

it doesn't help their self-esteem and a

989

00:45:40,060 --> 00:45:37,580

lot of the psychology research points to

990

00:45:41,980 --> 00:45:40,070

the more exposure you have these images

991

00:45:44,020 --> 00:45:41,990

the worst your self-esteem actually

992

00:45:45,520 --> 00:45:44,030

becomes so it's more so you know if you

993

00:45:47,740 --> 00:45:45,530

like looking at that type of thing maybe

994

00:45:50,470 --> 00:45:47,750

in just small doses and have media

995

00:45:52,690 --> 00:45:50,480

literacy so know that Photoshop exists

996

00:45:54,760 --> 00:45:52,700

and it exists to trick people into

997

00:45:57,430 --> 00:45:54,770

buying things or into doing certain

998

00:45:59,470 --> 00:45:57,440

things and what's the thing like with

999

00:46:01,450 --> 00:45:59,480

alcoholism or any sort of drug addiction

1000

00:46:02,740 --> 00:46:01,460

when it starts to affect your work or

1001
00:46:04,480 --> 00:46:02,750
you're hiding things from people that's

1002
00:46:06,970 --> 00:46:04,490
when you have to worry is it the same

1003
00:46:08,470 --> 00:46:06,980
with food when should what's a cue that

1004
00:46:10,320 --> 00:46:08,480
you should think oh maybe I should talk

1005
00:46:12,210 --> 00:46:10,330
to someone about this yeah

1006
00:46:14,070 --> 00:46:12,220
if you're hiding food or you're afraid

1007
00:46:16,080 --> 00:46:14,080
to eat in front of people or you feel

1008
00:46:17,850 --> 00:46:16,090
ashamed for what you're doing that's

1009
00:46:20,010 --> 00:46:17,860
definitely a good cue to go see someone

1010
00:46:21,600 --> 00:46:20,020
because it means that some you know

1011
00:46:23,640 --> 00:46:21,610
you're not feeling so great about things

1012
00:46:25,920 --> 00:46:23,650
especially in your relationship with

1013
00:46:27,660 --> 00:46:25,930

food might not be so good you can work

1014

00:46:29,640 --> 00:46:27,670

on especially the skeptics night here

1015

00:46:31,350 --> 00:46:29,650

and we deal with we see a lot of you

1016

00:46:34,110 --> 00:46:31,360

that goes on all this sort of stuff that

1017

00:46:35,610 --> 00:46:34,120

what's the one whoo the one food myth

1018

00:46:36,930 --> 00:46:35,620

that you could get rid of if you could

1019

00:46:38,640 --> 00:46:36,940

get rid of it what would it be the one

1020

00:46:41,280 --> 00:46:38,650

that people sing before for all the time

1021

00:46:43,410 --> 00:46:41,290

and you see in your line of work the the

1022

00:46:46,050 --> 00:46:43,420

low carb things so getting rid of carbs

1023

00:46:47,580 --> 00:46:46,060

and the cars makes you fat but carbs are

1024

00:46:49,500 --> 00:46:47,590

healthy all the research has shown that

1025

00:46:51,690 --> 00:46:49,510

carves help reduce risk of chronic

1026
00:46:54,360 --> 00:46:51,700
health conditions so it's all about

1027
00:46:55,800 --> 00:46:54,370
moderation you know plates of rice not a

1028
00:46:58,740 --> 00:46:55,810
good thing if you eat a little bit of

1029
00:47:00,540 --> 00:46:58,750
rice then that's fine so yeah moderation

1030
00:47:02,340 --> 00:47:00,550
it comes down to thank you for talking

1031
00:47:03,810 --> 00:47:02,350
to us tonight I see a lot of people want

1032
00:47:05,520 --> 00:47:03,820
talk to you hear some of them would soup

1033
00:47:07,500 --> 00:47:05,530
spoons we'll see what happens where can

1034
00:47:09,750 --> 00:47:07,510
we see you online or engage with you

1035
00:47:11,730 --> 00:47:09,760
just visit triple-double you Gabriel

1036
00:47:14,100 --> 00:47:11,740
mastin com okay thank you very much

1037
00:47:16,020 --> 00:47:14,110
thank you thank you no I'll Holly

1038
00:47:28,300 --> 00:47:16,030

usually and I'll get this portion

1039

00:47:35,090 --> 00:47:32,510

on Maynard condo you on this episode of

1040

00:47:42,560 --> 00:47:35,100

bunga bunga episode 13 we've got pooping

1041

00:47:45,290 --> 00:47:42,570

we've got the sound of music we've got

1042

00:47:49,090 --> 00:47:45,300

Maynard's money shot theater a new one I

1043

00:47:54,650 --> 00:47:52,400

certainly want to see that I think Tim's

1044

00:47:57,410 --> 00:47:54,660

historical hypothetical crank mail rang

1045

00:48:02,450 --> 00:47:57,420

ma'am milf that's music I would like to

1046

00:48:04,740 --> 00:48:02,460

forget music I'd like to forget to four

1047

00:48:07,080 --> 00:48:04,750

games

1048

00:48:10,340 --> 00:48:07,090

that's good i had an expression called

1049

00:48:14,190 --> 00:48:10,350

milf which was premier I'd like to

1050

00:48:15,870 --> 00:48:14,200

forget we'll also be looking at tinder

1051

00:48:17,220 --> 00:48:15,880

see if we can find ourselves a date as

1052

00:48:19,110 --> 00:48:17,230

well a little bit later on the show and

1053

00:48:26,130 --> 00:48:19,120

just mucking around like you wouldn't

1054

00:48:47,580 --> 00:48:26,140

believe good morning menswear on Maynard

1055

00:48:51,940 --> 00:48:50,140

thank you for listening to the skeptic

1056

00:48:54,580 --> 00:48:51,950

zone this week thank you indeed and

1057

00:48:55,630 --> 00:48:54,590

coming up next week as I mentioned at

1058

00:48:58,450 --> 00:48:55,640

the top of the show I think we'll have

1059

00:49:00,790 --> 00:48:58,460

some more our reports revolving around

1060

00:49:03,940 --> 00:49:00,800

that government announcement about

1061

00:49:07,450 --> 00:49:03,950

vaccinations I'll be looking at a new TV

1062

00:49:09,160 --> 00:49:07,460

show with Neil deGrasse Tyson where he

1063

00:49:12,430 --> 00:49:09,170

interviews people that should be an

1064

00:49:15,550 --> 00:49:12,440

interesting now report there'll be more

1065

00:49:19,000 --> 00:49:15,560

coming up from Heidi more from Joe

1066

00:49:22,330 --> 00:49:19,010

alabaster of course end and news of a

1067

00:49:25,150 --> 00:49:22,340

new reporter yeah we have a new reporter

1068

00:49:27,700 --> 00:49:25,160

starting on the skeptic zone mmm soon

1069

00:49:30,730 --> 00:49:27,710

I'll leave you in suspense who will it

1070

00:49:32,830 --> 00:49:30,740

be find out soon anyway and I hope soon

1071

00:49:34,930 --> 00:49:32,840

to bring you some news about Tam the

1072

00:49:38,920 --> 00:49:34,940

amazing meeting with James Randi coming

1073

00:49:42,400 --> 00:49:38,930

up in Las Vegas in July oh goodness me

1074

00:49:44,170 --> 00:49:42,410

it's hot in Las Vegas in July mm-hmm but

1075

00:49:51,340 --> 00:49:44,180

for this week this is Richard Saunders

1076

00:49:52,930 --> 00:49:51,350

signing off from Sydney Australia you've

1077

00:49:56,950 --> 00:49:52,940

been listening to the skeptic zone

1078

00:49:59,830 --> 00:49:56,960

podcast visit our website at WCA pegs on

1079

00:50:03,730 --> 00:49:59,840

TV for contacts and archive of all

1080

00:50:06,040 --> 00:50:03,740

episodes since 2008 and our online store

1081

00:50:08,730 --> 00:50:06,050

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1082

00:50:11,740 --> 00:50:08,740

following us on twitter at skeptic zone

1083

00:50:14,800 --> 00:50:11,750

liking us on facebook and leaving a

1084

00:50:17,680 --> 00:50:14,810

review on iTunes you can also show your

1085

00:50:21,160 --> 00:50:17,690

support by subscribing via paypal or as

1086

00:50:23,470 --> 00:50:21,170

little as 99 cents a week the skeptic

1087

00:50:25,180 --> 00:50:23,480

zone is an independent production the

1088

00:50:27,280 --> 00:50:25,190

views and opinions expressed on the

1089

00:50:29,970 --> 00:50:27,290

skeptic zone and not necessarily those