

**THE
SKEPTIC
ZONE
PODCAST**

www.skepticzone.tv

1
00:00:12,370 --> 00:00:09,100
welcome to the skeptic zone the podcast

2
00:00:22,800 --> 00:00:12,380
from Australia for science and reason

3
00:00:25,120 --> 00:00:22,810
[Music]

4
00:00:28,990 --> 00:00:25,130
hello welcome to the skeptic zone

5
00:00:32,310 --> 00:00:29,000
episode number 434 for the twelfth of

6
00:00:34,900 --> 00:00:32,320
february2014 from Sydney Australia

7
00:00:38,430 --> 00:00:34,910
what's left of Sydney Australia after

8
00:00:41,710 --> 00:00:38,440
the recent heat waves yesterday was

9
00:00:44,110 --> 00:00:41,720
ridiculous for many reasons but

10
00:00:46,090 --> 00:00:44,120
particularly for the heat and the day

11
00:00:50,820 --> 00:00:46,100
before and the day before that and today

12
00:00:52,900 --> 00:00:50,830
I think is going to be very warm indeed

13
00:00:54,900 --> 00:00:52,910

Sydney Australia is a good place to

14

00:00:58,750 --> 00:00:54,910

avoid at this time of the year I think

15

00:01:03,640 --> 00:00:58,760

yes record heat across our state our

16

00:01:07,840 --> 00:01:03,650

parts of Sydney have been nudging 47

17

00:01:10,210 --> 00:01:07,850

degrees I seem to have heard it's all

18

00:01:12,700 --> 00:01:10,220

very silly maybe we can all cool down by

19

00:01:14,470 --> 00:01:12,710

listening to the skeptics on coming up

20

00:01:19,750 --> 00:01:14,480

on this week's show it's the diet

21

00:01:22,450 --> 00:01:19,760

skeptic mandy lee noble our our newest

22

00:01:27,670 --> 00:01:22,460

reporter this week mandy lee is going to

23

00:01:30,310 --> 00:01:27,680

be looking at a2 milk which char you've

24

00:01:34,090 --> 00:01:30,320

probably seen around which is sold as a

25

00:01:37,420 --> 00:01:34,100

premium milk what is a2 milk is it

26

00:01:41,140 --> 00:01:37,430

better than a1 milk 1 if there's an a3

27

00:01:43,320 --> 00:01:41,150

milk find out with mandy lee noble the

28

00:01:46,330 --> 00:01:43,330

diet skeptic at the top of the show

29

00:01:48,600 --> 00:01:46,340

following that it's brouhaha from the

30

00:01:51,550 --> 00:01:48,610

cafe of Australia science channel

31

00:01:53,980 --> 00:01:51,560

Australia science TV oh and a big shout

32

00:01:55,840 --> 00:01:53,990

out to my friend dr. Paul Willis who is

33

00:01:58,690 --> 00:01:55,850

the director of the Royal Institution of

34

00:02:02,500 --> 00:01:58,700

Australia dr. Paul Willis once again

35

00:02:05,380 --> 00:02:02,510

once again and I wish I was with him at

36

00:02:10,359 --> 00:02:05,390

the moment is making his way to the

37

00:02:13,660 --> 00:02:10,369

Antarctic for a scientific exploration

38

00:02:18,580 --> 00:02:13,670

he has been going down there for quite a

39

00:02:21,190 --> 00:02:18,590

few years now and I wish I could be his

40

00:02:24,070 --> 00:02:21,200

sidekick maybe I could do some video

41

00:02:26,680 --> 00:02:24,080

production Paul what do you reckon he is

42

00:02:28,720 --> 00:02:26,690

going to be swatting around with the

43

00:02:32,170 --> 00:02:28,730

Penguins so to speak sailing past

44

00:02:34,510 --> 00:02:32,180

icebergs looking at lots of snow and I

45

00:02:36,280 --> 00:02:34,520

think most of Sydney probably most

46

00:02:37,930 --> 00:02:36,290

this state of New South Wales and

47

00:02:39,550 --> 00:02:37,940

Queensland and everyone else would love

48

00:02:43,390 --> 00:02:39,560

to be with Paul Willis at the moment

49

00:02:46,390 --> 00:02:43,400

enjoying the exceptionally cool and

50

00:02:49,180 --> 00:02:46,400

crisp weather down of the South Pole yes

51
00:02:51,940 --> 00:02:49,190
but I digress yes brouhaha from

52
00:02:55,420 --> 00:02:51,950
Australia science TV and this week this

53
00:02:58,600 --> 00:02:55,430
week Ben Lewis looks at restrictions put

54
00:03:00,880 --> 00:02:58,610
on scientists in the US and how they

55
00:03:03,550 --> 00:03:00,890
getting around it and also honey birds

56
00:03:06,190 --> 00:03:03,560
from Mozambique and he puts from

57
00:03:07,900 --> 00:03:06,200
Mozambique 'it's brouhaha this week

58
00:03:10,150 --> 00:03:07,910
coming up a little bit later on in the

59
00:03:11,800 --> 00:03:10,160
show then we have some news from the

60
00:03:14,740 --> 00:03:11,810
Australian skeptics written by Tim

61
00:03:16,930 --> 00:03:14,750
mendham and we often bring your

62
00:03:20,890 --> 00:03:16,940
attention to articles and information

63
00:03:22,930 --> 00:03:20,900

petering at skeptics.com.au the website

64

00:03:24,790 --> 00:03:22,940

of Australian skeptics and of course I

65

00:03:27,280 --> 00:03:24,800

am a member of the the committee of

66

00:03:28,900 --> 00:03:27,290

Australian skeptics hello Australian

67

00:03:30,850 --> 00:03:28,910

skeptics this week we're going to find

68

00:03:33,160 --> 00:03:30,860

out why chiropractic group here in

69

00:03:37,210 --> 00:03:33,170

Australia has been distancing itself

70

00:03:39,220 --> 00:03:37,220

from the anti-vaccination crowd and also

71

00:03:42,970 --> 00:03:39,230

why research is a warning of dire

72

00:03:46,330 --> 00:03:42,980

effects of herbal remedies to very

73

00:03:49,720 --> 00:03:46,340

interesting stories a bit later on and

74

00:03:52,090 --> 00:03:49,730

to round off the show ghosts we join the

75

00:03:54,370 --> 00:03:52,100

stranger things down under facebook

76
00:03:58,180 --> 00:03:54,380
group a very new facebook group based in

77
00:04:02,080 --> 00:03:58,190
sydney on their first expedition outing

78
00:04:05,890 --> 00:04:02,090
to other look for ghosts in the historic

79
00:04:09,970 --> 00:04:05,900
rocks area of sydney do we bump into any

80
00:04:12,520 --> 00:04:09,980
ghost did any ghosts bump into us find

81
00:04:14,650 --> 00:04:12,530
out at the end of the show now listeners

82
00:04:16,870 --> 00:04:14,660
will remember i think it was last week

83
00:04:18,880 --> 00:04:16,880
or possibly the week before i was

84
00:04:22,330 --> 00:04:18,890
wondering what you would call a group of

85
00:04:24,580 --> 00:04:22,340
quacks mm-hmm the collective noun for a

86
00:04:26,290 --> 00:04:24,590
group of quacks well people have been

87
00:04:28,720 --> 00:04:26,300
writing in with their suggestions and

88
00:04:32,370 --> 00:04:28,730

i'll give a shout out to sure Luis all

89

00:04:37,480 --> 00:04:32,380

the way over there in Colorado says an

90

00:04:39,940 --> 00:04:37,490

echo of quacks an echo of quacks that's

91

00:04:41,530 --> 00:04:39,950

really good i love that one and some

92

00:04:44,230 --> 00:04:41,540

other people have thought of that as

93

00:04:46,420 --> 00:04:44,240

well i'm not surprised it's it's very

94

00:04:47,800 --> 00:04:46,430

clever and it's very apt I think but

95

00:04:50,020 --> 00:04:47,810

sure says

96

00:04:53,250 --> 00:04:50,030

first since they can't have gotten their

97

00:04:58,120 --> 00:04:53,260

claims from rigorous scientific inquiry

98

00:05:00,430 --> 00:04:58,130

most quackery is just the echo of folk

99

00:05:03,129 --> 00:05:00,440

wisdom magical thinking and other

100

00:05:05,590 --> 00:05:03,139

regurgitation second there is a broadly

101
00:05:10,180 --> 00:05:05,600
held but not thoroughly debunked myth

102
00:05:12,390 --> 00:05:10,190
that a duck's quack doesn't echo thank

103
00:05:15,150 --> 00:05:12,400
you sure and thank you to everybody else

104
00:05:18,340 --> 00:05:15,160
writing in with your suggestions

105
00:05:20,500 --> 00:05:18,350
colorado it's been many years since i've

106
00:05:22,719 --> 00:05:20,510
been to colorado i went to hiking in the

107
00:05:26,550 --> 00:05:22,729
Rockies with my good friend dr. Phil

108
00:05:28,719 --> 00:05:26,560
Plait the bad astronomer very memorable

109
00:05:31,780 --> 00:05:28,729
it's interesting being up at that

110
00:05:33,520 --> 00:05:31,790
altitude I didn't have many problems

111
00:05:35,770 --> 00:05:33,530
with the altitude I must say I was

112
00:05:38,890 --> 00:05:35,780
hiking way up in the Rockies and I think

113
00:05:41,350 --> 00:05:38,900

I did okay looking forward one day to

114

00:05:43,090 --> 00:05:41,360

going back well that's enough for me at

115

00:05:47,170 --> 00:05:43,100

the moment it's time for me to run

116

00:05:51,760 --> 00:05:47,180

downstairs open up the freezer retrieve

117

00:05:54,400 --> 00:05:51,770

the balloon full of ice now those of you

118

00:05:56,730 --> 00:05:54,410

who are familiar with the internet

119

00:05:59,350 --> 00:05:56,740

mm-hmm might have seen a video

120

00:06:02,110 --> 00:05:59,360

circulating lately where somebody fills

121

00:06:06,550 --> 00:06:02,120

up a balloon the water puts that in the

122

00:06:09,670 --> 00:06:06,560

freezer makes a giant sphere of ice puts

123

00:06:13,960 --> 00:06:09,680

the ice in a bowl and the cats come and

124

00:06:17,770 --> 00:06:13,970

have a big cold water supply and a big

125

00:06:19,629 --> 00:06:17,780

cold Isis fear to lick well I did that

126

00:06:21,310 --> 00:06:19,639

last night I filled up a balloon well

127

00:06:23,590 --> 00:06:21,320

about halfway full of water put it in

128

00:06:27,250 --> 00:06:23,600

the freezer and this morning there is a

129

00:06:29,290 --> 00:06:27,260

solid I think it's solid sphere of ice

130

00:06:31,150 --> 00:06:29,300

so I'm going to run downstairs take that

131

00:06:33,790 --> 00:06:31,160

out of the freezer put it into a large

132

00:06:36,670 --> 00:06:33,800

bowl and let the cats cool down with

133

00:06:39,710 --> 00:06:36,680

their new toy while I'm doing that I

134

00:06:55,600 --> 00:06:39,720

hope you enjoy the skeptic zone

135

00:06:55,610 --> 00:07:02,050

that looks good enough to eat or does it

136

00:07:02,060 --> 00:07:09,850

here's the diet skeptic mandy lee Noble

137

00:07:17,510 --> 00:07:13,610

hello skeptics and Lissa's mandy lee

138

00:07:24,650 --> 00:07:17,520

noble here dietitian and skeptic

139

00:07:27,620 --> 00:07:24,660

reporting from brisbane this week on the

140

00:07:31,970 --> 00:07:27,630

diet skeptic report i will be discussing

141

00:07:34,430 --> 00:07:31,980

a2 milk is there any evidence to support

142

00:07:37,820 --> 00:07:34,440

the claim that a to milk drinkers can

143

00:07:40,220 --> 00:07:37,830

feel the difference or is the a2 milk

144

00:07:44,510 --> 00:07:40,230

company just using science to get

145

00:07:46,670 --> 00:07:44,520

consumers to believe and better over the

146

00:07:48,710 --> 00:07:46,680

last two decades the range of dairy

147

00:07:53,690 --> 00:07:48,720

products available to Australian

148

00:07:56,930 --> 00:07:53,700

consumers has grown enormously in 2003

149

00:07:59,870 --> 00:07:56,940

a2 milk joined the fray and despite a

150

00:08:02,659 --> 00:07:59,880

rocky start a to milk now represents

151

00:08:05,840 --> 00:08:02,669

nine percent of the Australian fresh

152

00:08:08,180 --> 00:08:05,850

milk market more recently the a2 milk

153

00:08:10,969 --> 00:08:08,190

company launched its range of infant

154

00:08:13,520 --> 00:08:10,979

formulas in Australia New Zealand and

155

00:08:15,980 --> 00:08:13,530

China which has driven exceptional

156

00:08:21,440 --> 00:08:15,990

growth in a2 milk company's product

157

00:08:24,590 --> 00:08:21,450

sales so what exactly is a2 milk while

158

00:08:28,040 --> 00:08:24,600

cows like humans have individual genetic

159

00:08:31,610 --> 00:08:28,050

differences one example is the better

160

00:08:34,360 --> 00:08:31,620

casein protein found in milk is coded by

161

00:08:37,279 --> 00:08:34,370

gene that has several slight variations

162

00:08:41,930 --> 00:08:37,289

the two most common variations are

163

00:08:44,630 --> 00:08:41,940

called a1 and a2 in Australia regular

164

00:08:49,100 --> 00:08:44,640

milk contains roughly half a one bitter

165

00:08:51,740 --> 00:08:49,110

casein and half a two BD casein a2 milk

166

00:08:53,540 --> 00:08:51,750

is better described as a 2 only milk as

167

00:08:55,759 --> 00:08:53,550

it comes from cows that

168

00:08:58,519 --> 00:08:55,769

been selected to only have the a2

169

00:09:00,050 --> 00:08:58,529

variant of the beater casing gene and

170

00:09:03,310 --> 00:09:00,060

therefore produce milk that only

171

00:09:06,259 --> 00:09:03,320

contains there a two BD casein protein

172

00:09:09,320 --> 00:09:06,269

the difference between the a one and a

173

00:09:12,769 --> 00:09:09,330

two BD casein protein is just a single

174

00:09:15,319 --> 00:09:12,779

amino acid the a2 variant is the

175

00:09:18,920 --> 00:09:15,329

original form of the team is estimated

176

00:09:21,410 --> 00:09:18,930

the a1 variant first curd around 5,000

177

00:09:23,810 --> 00:09:21,420

years ago there's no difference in the

178

00:09:26,569 --> 00:09:23,820

taste or nutritional quality of regular

179

00:09:29,480 --> 00:09:26,579

milk compared to a2 milk except that a

180

00:09:31,699 --> 00:09:29,490

one protein may be better for making

181

00:09:34,160 --> 00:09:31,709

hard cheeses this may explain why the a

182

00:09:39,440 --> 00:09:34,170

one-gene became prevalent in European

183

00:09:42,769 --> 00:09:39,450

hands so if 82 only milk is the same

184

00:09:45,350 --> 00:09:42,779

nutritionally how could it be better the

185

00:09:47,810 --> 00:09:45,360

proponents of a2 milk do not claim that

186

00:09:51,769 --> 00:09:47,820

a to only milk provides any additional

187

00:09:54,290 --> 00:09:51,779

health benefits rather the a1 b2 casing

188

00:09:56,990 --> 00:09:54,300

found in regular milk could be a factor

189

00:10:01,269 --> 00:09:57,000

in health conditions such as type 1

190

00:10:04,639 --> 00:10:01,279

diabetes cardiovascular disease autism

191

00:10:08,990 --> 00:10:04,649

schizophrenia and gastrointestinal

192

00:10:11,630 --> 00:10:09,000

conditions digestion of the a1 b2 casein

193

00:10:16,699 --> 00:10:11,640

may more readily produce be turquesa

194

00:10:19,160 --> 00:10:16,709

Morphin 7 or b c m7 for short bc m7 and

195

00:10:22,060 --> 00:10:19,170

other better case of morph ins have been

196

00:10:25,370 --> 00:10:22,070

shown to have opioid like activity other

197

00:10:27,500 --> 00:10:25,380

opiates such as codeine slow down the

198

00:10:32,510 --> 00:10:27,510

passage of food in the gut and may cause

199

00:10:37,430 --> 00:10:32,520

constipation nausea and bloating so the

200

00:10:40,730 --> 00:10:37,440

a1 a2 hypothesis proposes that the BCM 7

201
00:10:43,370 --> 00:10:40,740
is biologically active in the human gut

202
00:10:46,819 --> 00:10:43,380
and drinking regular milk provides

203
00:10:49,220 --> 00:10:46,829
enough bc m7 to slow down the passage of

204
00:10:53,120 --> 00:10:49,230
food through the gut it also proposes

205
00:10:57,350 --> 00:10:53,130
that b c m7 could pass through the gut

206
00:11:00,350 --> 00:10:57,360
of an infant or a leaky gut to bind to

207
00:11:02,750 --> 00:11:00,360
opioid receptors in the brain does the

208
00:11:06,590 --> 00:11:02,760
research show that b c m7 is harmful to

209
00:11:07,310 --> 00:11:06,600
humans studies have detected b c m7 from

210
00:11:09,590 --> 00:11:07,320
cows meal

211
00:11:12,170 --> 00:11:09,600
can the gut of adults the urine of

212
00:11:17,150 --> 00:11:12,180
children and the plasma of formula-fed

213
00:11:19,670 --> 00:11:17,160

infants similarly human BCM 7 has been

214

00:11:22,580 --> 00:11:19,680

found in the plasma of breastfed infants

215

00:11:26,620 --> 00:11:22,590

as breast milk also contains a similar

216

00:11:29,630 --> 00:11:26,630

BCM seven peptide however there is

217

00:11:34,100 --> 00:11:29,640

insufficient evidence to show that B cm7

218

00:11:36,020 --> 00:11:34,110

affects human health ok so is there any

219

00:11:38,900 --> 00:11:36,030

evidence of drinking regular milk

220

00:11:42,440 --> 00:11:38,910

containing the a1 protein maker of

221

00:11:45,170 --> 00:11:42,450

course time some population studies have

222

00:11:47,960 --> 00:11:45,180

shown an association between a one BD

223

00:11:51,560 --> 00:11:47,970

casing and the rates of type 1 diabetes

224

00:11:53,420 --> 00:11:51,570

and cardiovascular disease however these

225

00:11:55,160 --> 00:11:53,430

studies have been criticized for the

226

00:11:57,980 --> 00:11:55,170

selection of countries included in the

227

00:12:00,410 --> 00:11:57,990

data set and excluding cheese and yogurt

228

00:12:02,960 --> 00:12:00,420

especially for France which shows a high

229

00:12:05,570 --> 00:12:02,970

intake of cheese and relatively low

230

00:12:08,450 --> 00:12:05,580

rates of cardiovascular disease while

231

00:12:10,880 --> 00:12:08,460

rates of type 1 diabetes may also be

232

00:12:13,400 --> 00:12:10,890

explained by rates of breastfeeding or

233

00:12:18,490 --> 00:12:13,410

vitamin D levels in countries that

234

00:12:21,890 --> 00:12:18,500

receive less sunlight so why not just

235

00:12:23,350 --> 00:12:21,900

conduct a randomized control trial to

236

00:12:26,750 --> 00:12:23,360

find out whether there is an effect

237

00:12:29,750 --> 00:12:26,760

given that regular milk an a2 milk look

238

00:12:32,660 --> 00:12:29,760

smell and taste the same this would seem

239

00:12:34,910 --> 00:12:32,670

the obvious solution however to date

240

00:12:38,500 --> 00:12:34,920

there has been no human trial that

241

00:12:43,160 --> 00:12:38,510

adequately tests the a1 a2 hypothesis

242

00:12:45,650 --> 00:12:43,170

there has been a small a2 company funded

243

00:12:48,710 --> 00:12:45,660

pilot trial involving just 41

244

00:12:51,890 --> 00:12:48,720

participants the study found that when

245

00:12:55,070 --> 00:12:51,900

given a 1 only milk the participants had

246

00:12:57,700 --> 00:12:55,080

softer stalls which is the opposite of

247

00:13:01,160 --> 00:12:57,710

what is predicted by the a1 a2

248

00:13:04,550 --> 00:13:01,170

hypothesis the paper's authors do

249

00:13:08,120 --> 00:13:04,560

suggest an alternative interpretation of

250

00:13:11,120 --> 00:13:08,130

the a1 a2 hypothesis that explains

251
00:13:13,790 --> 00:13:11,130
softer stools from a one protein may be

252
00:13:15,920 --> 00:13:13,800
due to get information however during

253
00:13:17,840 --> 00:13:15,930
the trial a measure forgot information

254
00:13:20,790 --> 00:13:17,850
found no significant difference between

255
00:13:23,460 --> 00:13:20,800
a1 and a2

256
00:13:26,160 --> 00:13:23,470
in summary leading health and nutrition

257
00:13:28,980 --> 00:13:26,170
associations including the dieticians

258
00:13:31,710 --> 00:13:28,990
Association of Australia Food Standards

259
00:13:34,829 --> 00:13:31,720
Australia New Zealand and the European

260
00:13:37,860 --> 00:13:34,839
Food Safety Authority have reviewed the

261
00:13:40,110 --> 00:13:37,870
evidence linking a 1 B 2 casein protein

262
00:13:42,110 --> 00:13:40,120
and human health outcomes all

263
00:13:45,180 --> 00:13:42,120

authorities have stated that there is

264

00:13:49,680 --> 00:13:45,190

insufficient evidence to support the a1

265

00:13:52,710 --> 00:13:49,690

a2 hypothesis how has the a2 milk

266

00:13:55,560 --> 00:13:52,720

template one consumer trust despite

267

00:13:59,940 --> 00:13:55,570

insufficient evidence to support the a1

268

00:14:02,040 --> 00:13:59,950

a2 hypothesis the a2 milk company has

269

00:14:04,579 --> 00:14:02,050

built its brand through marketing

270

00:14:08,910 --> 00:14:04,589

strategies that target consumers and

271

00:14:10,980 --> 00:14:08,920

health professionals the a2 milk company

272

00:14:13,560 --> 00:14:10,990

targets consumers with branded

273

00:14:16,590 --> 00:14:13,570

testimonials and builds a health halo

274

00:14:19,290 --> 00:14:16,600

for their products to also attract

275

00:14:22,470 --> 00:14:19,300

health seeking consumers who do not have

276

00:14:24,810 --> 00:14:22,480

an issue with milk the a2 milk company

277

00:14:27,620 --> 00:14:24,820

also targets health professionals

278

00:14:31,319 --> 00:14:27,630

including medical doctors and dietitians

279

00:14:35,100 --> 00:14:31,329

to gain health legitimacy quoting

280

00:14:38,040 --> 00:14:35,110

directly from the a2 milk companies 2015

281

00:14:42,120 --> 00:14:38,050

investor information healthcare

282

00:14:45,000 --> 00:14:42,130

professional programs are a key way of

283

00:14:48,900 --> 00:14:45,010

introducing a to milk company branded

284

00:14:52,560 --> 00:14:48,910

products to consumers so finally is

285

00:14:55,110 --> 00:14:52,570

there any harm in a2 milk well perhaps

286

00:14:57,500 --> 00:14:55,120

not directly because nutritionally a2

287

00:15:00,389 --> 00:14:57,510

milk is no different to regular milk

288

00:15:03,180 --> 00:15:00,399

however the a2 milk company is

289

00:15:06,090 --> 00:15:03,190

essentially introducing a new cost in

290

00:15:08,220 --> 00:15:06,100

the production and sale of milk there is

291

00:15:10,949 --> 00:15:08,230

also the potential for products that

292

00:15:13,710 --> 00:15:10,959

where a health halo to give consumers

293

00:15:16,680 --> 00:15:13,720

the false impression of making a healthy

294

00:15:18,780 --> 00:15:16,690

choice while diverting time and money

295

00:15:22,150 --> 00:15:18,790

away from important evidence-based

296

00:15:27,170 --> 00:15:24,980

that's all for this week check out the

297

00:15:30,830 --> 00:15:27,180

show notes and skeptic sign for links to

298

00:15:52,460 --> 00:15:30,840

this story until next time bye from now

299

00:15:55,460 --> 00:15:52,470

for manually noble and now direct from

300

00:16:03,290 --> 00:15:55,470

the cafe at Australia's science channel

301
00:16:06,320 --> 00:16:03,300
its brouhaha with ben lewis US

302
00:16:08,150 --> 00:16:06,330
scientists have gone row 140 characters

303
00:16:10,100 --> 00:16:08,160
at a time they were ordered by the

304
00:16:12,350 --> 00:16:10,110
government to stop tweeting some valid

305
00:16:15,350 --> 00:16:12,360
back to scientific information from

306
00:16:17,540 --> 00:16:15,360
official house the fort band was setting

307
00:16:20,300 --> 00:16:17,550
up new unofficial accounts to keep that

308
00:16:22,910 --> 00:16:20,310
science coming so now you can space out

309
00:16:25,160 --> 00:16:22,920
with at NASA or get rebellious with at

310
00:16:26,540 --> 00:16:25,170
rogue NASA and if you want to check in

311
00:16:28,730 --> 00:16:26,550
with your favorite American National

312
00:16:30,800 --> 00:16:28,740
Park you're not just stuck with add

313
00:16:34,670 --> 00:16:30,810

National Park Service you can also

314

00:16:37,190 --> 00:16:34,680

follow at old us nat park sir you know

315

00:16:39,650 --> 00:16:37,200

what we're with them because talking

316

00:16:41,890 --> 00:16:39,660

about science is really important that's

317

00:16:44,630 --> 00:16:41,900

why we're here is why you're here to

318

00:16:46,250 --> 00:16:44,640

just ignoring scientific issues like

319

00:16:49,400 --> 00:16:46,260

climate change isn't going to make you

320

00:16:51,080 --> 00:16:49,410

go away it can feel like every day sighs

321

00:16:54,410 --> 00:16:51,090

plays a bigger and bigger role in our

322

00:16:56,390 --> 00:16:54,420

lives so every day it's more and more

323

00:16:58,850 --> 00:16:56,400

important to keep up the conversation

324

00:16:59,340 --> 00:16:58,860

and understand what's happening all

325

00:17:01,530 --> 00:16:59,350

around

326

00:17:03,900 --> 00:17:01,540

and to those scientists using their

327

00:17:05,400 --> 00:17:03,910

genius to get around gag orders we're on

328

00:17:08,730 --> 00:17:05,410

the side of open information and

329

00:17:11,130 --> 00:17:08,740

transparency well we support you and

330

00:17:13,860 --> 00:17:11,140

applaud you because science stories

331

00:17:20,340 --> 00:17:13,870

aren't just fun and fascinating they

332

00:17:21,930 --> 00:17:20,350

need to be told hashtag science here's a

333

00:17:25,470 --> 00:17:21,940

joke what do you get when you put

334

00:17:27,540 --> 00:17:25,480

together a bird and a human honey yeah

335

00:17:30,540 --> 00:17:27,550

okay that's not actually a joke but it

336

00:17:32,550 --> 00:17:30,550

is a thing honey guide birds and humans

337

00:17:35,220 --> 00:17:32,560

in Mozambique have a pretty sweet

338

00:17:37,110 --> 00:17:35,230

relationship humans make a call which

339

00:17:39,690 --> 00:17:37,120

attracts the birds who then guide the

340

00:17:41,850 --> 00:17:39,700

person to a beehive the human then

341

00:17:44,570 --> 00:17:41,860

cracks open the Beehive to get the honey

342

00:17:49,110 --> 00:17:44,580

and the bird face on the other contents

343

00:17:51,300 --> 00:17:49,120

the birds aren't trained to do this from

344

00:17:53,250 --> 00:17:51,310

farmyards to backyards there are plenty

345

00:17:56,160 --> 00:17:53,260

of times we've trained animals to help

346

00:17:58,410 --> 00:17:56,170

us but very rarely do we form a

347

00:18:01,260 --> 00:17:58,420

relationship with wild animal where the

348

00:18:03,420 --> 00:18:01,270

benefits go both ways and I like to

349

00:18:06,320 --> 00:18:03,430

think of birds as dinosaurs in disguise

350

00:18:11,760 --> 00:18:06,330

so it's kinda like teaming up the t-rex

351
00:18:14,850 --> 00:18:11,770
it's a whole new pecking order for more

352
00:18:22,710 --> 00:18:14,860
brouhaha and Australian science head for

353
00:18:28,840 --> 00:18:26,620
from the dawn of time one blood cast has

354
00:18:31,210 --> 00:18:28,850
unlocked the secrets of science and

355
00:18:33,730 --> 00:18:31,220
technology to enrich the lives of

356
00:18:35,560 --> 00:18:33,740
billions and now after a year where

357
00:18:37,720 --> 00:18:35,570
they've unlocked the Golden Age of

358
00:18:41,830 --> 00:18:37,730
knowledge they're about to get warp

359
00:18:43,299 --> 00:18:41,840
speed and go stratospheric hold up on Oh

360
00:18:45,820 --> 00:18:43,309
No Ross and Carrie we don't make

361
00:18:47,980 --> 00:18:45,830
extraordinary claims we investigate them

362
00:18:50,320 --> 00:18:47,990
we go undercover with fringe religious

363
00:18:52,090 --> 00:18:50,330

groups investigate paranormal claims and

364

00:18:54,190 --> 00:18:52,100

we participate in pseudo scientific

365

00:18:56,289 --> 00:18:54,200

medical treatments and then report our

366

00:18:59,830 --> 00:18:56,299

findings to you and yes we've even

367

00:19:02,919 --> 00:18:59,840

investigated Scientology crash new

368

00:19:06,100 --> 00:19:02,929

episodes every month at maximum fun org

369

00:19:15,360 --> 00:19:06,110

Oh No Ross and Carrie they show up so

370

00:19:21,310 --> 00:19:18,370

from the website of Australian skeptics

371

00:19:24,850 --> 00:19:21,320

Australian skeptics com da to published

372

00:19:31,500 --> 00:19:24,860

on the six of every by Tim mendham Cairo

373

00:19:37,510 --> 00:19:34,780

the chiropractor's Association of

374

00:19:39,640 --> 00:19:37,520

Australia the largest professional group

375

00:19:41,680 --> 00:19:39,650

for chiropractors in the country has

376

00:19:45,040 --> 00:19:41,690

come down against the Australian

377

00:19:47,680 --> 00:19:45,050

vaccination skeptics network for linking

378

00:19:52,270 --> 00:19:47,690

itself to the chiropractor's Association

379

00:19:54,660 --> 00:19:52,280

of Australia or see a a it has also made

380

00:19:57,100 --> 00:19:54,670

the point that immunization is quote

381

00:20:00,250 --> 00:19:57,110

outside the scope of practice for

382

00:20:02,320 --> 00:20:00,260

chiropractors banquet this is an

383

00:20:06,000 --> 00:20:02,330

interesting admission as there are many

384

00:20:08,230 --> 00:20:06,010

members of the CAA who were or still are

385

00:20:11,230 --> 00:20:08,240

supporters of the anti-vaccination

386

00:20:14,740 --> 00:20:11,240

movement and who readily give advice on

387

00:20:17,380 --> 00:20:14,750

vaccinations usually in the negative in

388

00:20:19,570 --> 00:20:17,390

a statement released today the CAA says

389

00:20:21,760 --> 00:20:19,580

quote it has come to our attention that

390

00:20:24,070 --> 00:20:21,770

the Australian vaccination skeptics

391

00:20:26,860 --> 00:20:24,080

Network contains a link to the CAA

392

00:20:29,380 --> 00:20:26,870

national website we have requested that

393

00:20:32,410 --> 00:20:29,390

they remove this link to our website as

394

00:20:34,390 --> 00:20:32,420

a matter of urgency the chiropractor's

395

00:20:37,030 --> 00:20:34,400

Association of Australia does not

396

00:20:39,640 --> 00:20:37,040

support the views promoted by the

397

00:20:42,490 --> 00:20:39,650

Australian vaccination skeptics Network

398

00:20:45,130 --> 00:20:42,500

we have also informed them that the CAA

399

00:20:48,280 --> 00:20:45,140

has adopted the following policy on

400

00:20:50,170 --> 00:20:48,290

immunization the CAA supports the

401
00:20:53,350 --> 00:20:50,180
australian government's view that

402
00:20:56,470 --> 00:20:53,360
immunization is an important health care

403
00:20:58,480 --> 00:20:56,480
initiative it is outside the scope of

404
00:21:00,850 --> 00:20:58,490
practice for chiropractors when

405
00:21:04,150 --> 00:21:00,860
considering immunization parents should

406
00:21:06,040 --> 00:21:04,160
consult either with their GP or maternal

407
00:21:09,430 --> 00:21:06,050
and child health nurse for further

408
00:21:11,710 --> 00:21:09,440
information end quote it goes on to say

409
00:21:13,500 --> 00:21:11,720
that quote when providing chiropractic

410
00:21:15,460 --> 00:21:13,510
care to infants and young children

411
00:21:17,470 --> 00:21:15,470
practitioners must have a good

412
00:21:19,780 --> 00:21:17,480
understanding of the principles of

413
00:21:22,480 --> 00:21:19,790

public health care including disease

414

00:21:25,330 --> 00:21:22,490

prevention and health promotion end

415

00:21:26,560 --> 00:21:25,340

quote the practice of chiropractic

416

00:21:28,450 --> 00:21:26,570

treatment of

417

00:21:30,310 --> 00:21:28,460

infants and young children has been

418

00:21:31,810 --> 00:21:30,320

highly criticized by the Royal

419

00:21:34,450 --> 00:21:31,820

Australian College of General

420

00:21:36,730 --> 00:21:34,460

Practitioners Australian skeptics and

421

00:21:38,919 --> 00:21:36,740

others with the chiropractic Board of

422

00:21:41,950 --> 00:21:38,929

Australia the group that oversees the

423

00:21:44,110 --> 00:21:41,960

profession banning one chiropractor Ian

424

00:21:46,779 --> 00:21:44,120

Ross Perot from treating infants and

425

00:21:49,840 --> 00:21:46,789

performing spinal manipulative therapy

426

00:21:53,110 --> 00:21:49,850

on patients aged between two and six

427

00:21:55,930 --> 00:21:53,120

years this followed outrage over a video

428

00:21:59,970 --> 00:21:55,940

Ross Perot posted on YouTube showing him

429

00:22:02,409 --> 00:21:59,980

cracking the spine of a newborn baby and

430

00:22:04,539 --> 00:22:02,419

that comes to us from the website of

431

00:22:06,789 --> 00:22:04,549

Australian skeptics and I would add to

432

00:22:08,680 --> 00:22:06,799

that that it would be very good to see

433

00:22:11,169 --> 00:22:08,690

the chiropractor's Association of

434

00:22:14,350 --> 00:22:11,179

Australia make a policy announcement to

435

00:22:18,430 --> 00:22:14,360

their members that if they are to treat

436

00:22:21,730 --> 00:22:18,440

children in any way then those members

437

00:22:25,629 --> 00:22:21,740

should themselves be up to date on their

438

00:22:29,080 --> 00:22:25,639

vaccinations for especially pertussis

439

00:22:31,419 --> 00:22:29,090

whooping cough I wonder how that would

440

00:22:35,200 --> 00:22:31,429

go down with their general membership I

441

00:22:37,210 --> 00:22:35,210

wonder and why we are looking at that

442

00:22:39,730 --> 00:22:37,220

the website of Australian skeptics let's

443

00:22:43,379 --> 00:22:39,740

look at another article just posted on

444

00:22:46,269 --> 00:22:43,389

the 6th of february also by Tim mendham

445

00:22:49,600 --> 00:22:46,279

researchers warn of the dire effects of

446

00:22:52,019 --> 00:22:49,610

herbal remedies medical herbs herbal

447

00:22:54,970 --> 00:22:52,029

products / traders softer and more

448

00:22:59,139 --> 00:22:54,980

natural alternatives to prescription

449

00:23:02,200 --> 00:22:59,149

medication can have quote dire effects

450

00:23:04,629 --> 00:23:02,210

and quote on users including acute

451
00:23:06,669 --> 00:23:04,639
hepatic and renal failure accessor

452
00:23:10,060 --> 00:23:06,679
Batian of pre-existing conditions and

453
00:23:13,659 --> 00:23:10,070
diseases and even death these are the

454
00:23:15,850 --> 00:23:13,669
worrying results presented in a paper by

455
00:23:17,980 --> 00:23:15,860
four Australian University researchers

456
00:23:21,460 --> 00:23:17,990
published recently in the medical

457
00:23:24,220 --> 00:23:21,470
journal of Australia titled quote what

458
00:23:26,379 --> 00:23:24,230
risks do her balad expose to the

459
00:23:28,810 --> 00:23:26,389
Australian community in quite the paper

460
00:23:30,970 --> 00:23:28,820
says that an estimated seventy to eighty

461
00:23:33,639 --> 00:23:30,980
percent of the world's population use

462
00:23:35,950 --> 00:23:33,649
non Western medicine in the form of

463
00:23:38,049 --> 00:23:35,960

herbal preparations for their primary

464

00:23:40,159 --> 00:23:38,059

health care the proportion of the

465

00:23:42,859 --> 00:23:40,169

Australian population using herbal

466

00:23:45,560 --> 00:23:42,869

products as mono or ancillary therapy

467

00:23:47,960 --> 00:23:45,570

increased from forty eight percent in

468

00:23:51,950 --> 00:23:47,970

nineteen ninety six to sixty nine

469

00:23:54,529 --> 00:23:51,960

percent in 2005 with spending on

470

00:23:56,509 --> 00:23:54,539

complementary medicine increasing by

471

00:24:01,759 --> 00:23:56,519

more than one hundred percent between

472

00:24:04,070 --> 00:24:01,769

1996 and 2004 similar increases have

473

00:24:06,919 --> 00:24:04,080

been reported in many Western countries

474

00:24:10,570 --> 00:24:06,929

in the United States spending on herbal

475

00:24:13,460 --> 00:24:10,580

preparations doubled between 1997 and

476

00:24:15,409 --> 00:24:13,470

2007 the predominant user group of

477

00:24:18,440 --> 00:24:15,419

complementary medicines in Australia

478

00:24:21,649 --> 00:24:18,450

comprises younger women under 35 years

479

00:24:23,629 --> 00:24:21,659

old with a tertiary education people

480

00:24:27,320 --> 00:24:23,639

with chronic diseases or comorbidities

481

00:24:30,320 --> 00:24:27,330

such as cancer diabetes musculoskeletal

482

00:24:33,379 --> 00:24:30,330

disorders or mental issues frequently use

483

00:24:35,359 --> 00:24:33,389

complementary medicines a study of ten

484

00:24:39,049 --> 00:24:35,369

thousand and eleven Australian women

485

00:24:41,359 --> 00:24:39,059

aged between 59 and 60 for years found

486

00:24:43,580 --> 00:24:41,369

that thirty-nine percent of those with

487

00:24:46,159 --> 00:24:43,590

menopausal symptoms consulted

488

00:24:49,720 --> 00:24:46,169

complementary medicine practitioners and

489

00:24:52,220 --> 00:24:49,730

that 75% used self-prescribed

490

00:24:55,700 --> 00:24:52,230

complementary therapies fifty-three

491

00:24:58,580 --> 00:24:55,710

percent of 1037 people with HIV

492

00:25:00,950 --> 00:24:58,590

attending specialist clinics also used

493

00:25:03,229 --> 00:25:00,960

complementary medicines and as many as

494

00:25:07,190 --> 00:25:03,239

sixty five percent of Australian people

495

00:25:09,710 --> 00:25:07,200

with cancer in 2010 used some form of

496

00:25:11,930 --> 00:25:09,720

complementary medicine more than half of

497

00:25:14,950 --> 00:25:11,940

whom did so in combination with

498

00:25:17,720 --> 00:25:14,960

conventional therapy quote despite these

499

00:25:20,769 --> 00:25:17,730

trends in quote the authorities say

500

00:25:23,539 --> 00:25:20,779

quote there have been few recent

501
00:25:25,940 --> 00:25:23,549
investigations of the specific problems

502
00:25:28,909 --> 00:25:25,950
associated with the use of herbal

503
00:25:31,940 --> 00:25:28,919
medicines and assessments of their

504
00:25:34,460 --> 00:25:31,950
safety rely on older studies some

505
00:25:38,029 --> 00:25:34,470
traditional herbal preparations contain

506
00:25:40,639 --> 00:25:38,039
heavy metals and toxic chemicals as well

507
00:25:43,879 --> 00:25:40,649
as naturally occurring organic toxins

508
00:25:46,460 --> 00:25:43,889
while many may have been safe it is

509
00:25:48,529 --> 00:25:46,470
worrying that the specific effects and

510
00:25:51,379 --> 00:25:48,539
harmful interactions of a number of

511
00:25:53,520 --> 00:25:51,389
their components with prescription

512
00:25:56,490 --> 00:25:53,530
medications is not well understood

513
00:25:58,620 --> 00:25:56,500

the content and quality of herbal

514

00:26:01,230 --> 00:25:58,630

preparations are not tightly controlled

515

00:26:03,540 --> 00:26:01,240

with some ingredients either not listed

516

00:26:06,690 --> 00:26:03,550

or their concentrations recorded in

517

00:26:08,820 --> 00:26:06,700

accurately on websites or labels herbal

518

00:26:12,870 --> 00:26:08,830

products may also include illegal

519

00:26:15,660 --> 00:26:12,880

ingredients such as ephedra European

520

00:26:17,970 --> 00:26:15,670

wild ginger and endangered animal

521

00:26:20,730 --> 00:26:17,980

species such as Snow Leopard an

522

00:26:23,460 --> 00:26:20,740

additional problem is augmentation with

523

00:26:26,120 --> 00:26:23,470

prescription medicines to enhance the

524

00:26:29,250 --> 00:26:26,130

apparent effectiveness of a preparation

525

00:26:33,180 --> 00:26:29,260

toxic substances may also be

526
00:26:35,820 --> 00:26:33,190
deliberately or inadvertently added less

527
00:26:38,040 --> 00:26:35,830
expensive more harmful plants may be

528
00:26:40,860 --> 00:26:38,050
substituted for more expensive

529
00:26:43,530 --> 00:26:40,870
ingredients and processing may not be

530
00:26:45,660 --> 00:26:43,540
adequate the lack of regulation and

531
00:26:47,520 --> 00:26:45,670
monitoring of traditional herbal

532
00:26:49,680 --> 00:26:47,530
preparations in Australia and other

533
00:26:51,930 --> 00:26:49,690
Western countries means that their

534
00:26:54,960 --> 00:26:51,940
contribution to illness and death is

535
00:26:56,790 --> 00:26:54,970
unknown we need to raise awareness of

536
00:26:59,280 --> 00:26:56,800
these problems with health care

537
00:27:03,660 --> 00:26:59,290
practitioners and with the general

538
00:27:05,670 --> 00:27:03,670

public end quote sadly this comes as no

539

00:27:07,950 --> 00:27:05,680

surprise to the Australian skeptics and

540

00:27:11,660 --> 00:27:07,960

other skeptics around the world I'm sure

541

00:27:14,810 --> 00:27:11,670

as we've known for a long time that that

542

00:27:17,760 --> 00:27:14,820

many of these remedies coming out of

543

00:27:20,430 --> 00:27:17,770

well mostly China i would suggest but by

544

00:27:23,420 --> 00:27:20,440

many other places too aren't regulated

545

00:27:26,160 --> 00:27:23,430

we don't know what's in them exactly and

546

00:27:29,070 --> 00:27:26,170

well the romance attached to them gets a

547

00:27:32,970 --> 00:27:29,080

lot of people in the logical fallacy of

548

00:27:34,920 --> 00:27:32,980

the the natural that's natural it must

549

00:27:37,770 --> 00:27:34,930

be good as ancient it must be good the

550

00:27:40,620 --> 00:27:37,780

appeal to ancient wisdom or as it's

551
00:27:41,820 --> 00:27:40,630
known the appeal to antiquity this has

552
00:27:43,680 --> 00:27:41,830
been used for thousands of years

553
00:27:45,990 --> 00:27:43,690
therefore it must be good this is from

554
00:27:48,330 --> 00:27:46,000
another more enlightened spiritual

555
00:27:50,760 --> 00:27:48,340
culture therefore it must be good but of

556
00:27:52,970 --> 00:27:50,770
course a market is a market and if

557
00:27:57,120 --> 00:27:52,980
people can cheat and cut corners

558
00:28:00,300 --> 00:27:57,130
sometimes they do sadly and what people

559
00:28:03,570 --> 00:28:00,310
get in there herbal preparations is

560
00:28:06,030 --> 00:28:03,580
proving in some cases not to be what

561
00:28:06,899 --> 00:28:06,040
they expected to get if indeed that ever

562
00:28:08,639 --> 00:28:06,909
worked in the

563
00:28:11,369 --> 00:28:08,649

first place so that's a very interesting

564

00:28:15,539 --> 00:28:11,379

story one for us to keep an eye on again

565

00:28:17,909 --> 00:28:15,549

for your reference head to skeptics com

566

00:28:20,279 --> 00:28:17,919

au the website of us trained skeptics

567

00:28:22,710 --> 00:28:20,289

lots more information there and as we

568

00:28:24,629 --> 00:28:22,720

mentioned from time to time if you visit

569

00:28:26,789 --> 00:28:24,639

that website you can help yourself to

570

00:28:29,909 --> 00:28:26,799

over 30 years papi something like 35

571

00:28:32,639 --> 00:28:29,919

years of the skeptic magazine the

572

00:28:35,009 --> 00:28:32,649

journal from Australian skeptics in PDF

573

00:28:39,440 --> 00:28:35,019

form there's a search option on the

574

00:28:42,359 --> 00:28:39,450

website too and you can search through

575

00:28:45,330 --> 00:28:42,369

thousands and thousands of interviews

576

00:28:47,969 --> 00:28:45,340

and reports and analysis but thank you

577

00:28:51,320 --> 00:28:47,979

to the editor of the skeptic magazine in

578

00:28:59,580 --> 00:28:51,330

mendham compiling those two reports on

579

00:28:59,590 --> 00:29:18,670

[Music]

580

00:29:24,940 --> 00:29:23,230

hey Richard oh hi Trish hi would you

581

00:29:27,130 --> 00:29:24,950

like a coffee yeah thanks what you're

582

00:29:29,530 --> 00:29:27,140

working on trying to come up with a new

583

00:29:32,320 --> 00:29:29,540

promo to play on the skeptic zone who's

584

00:29:34,750 --> 00:29:32,330

it for the good thinking society in the

585

00:29:37,090 --> 00:29:34,760

UK you know Michael Marshall Simon Singh

586

00:29:38,860 --> 00:29:37,100

Nora Thomas and background oh yeah I

587

00:29:41,370 --> 00:29:38,870

know them they've been doing some great

588

00:29:44,290 --> 00:29:41,380

work investigating veterinary homeopathy

589

00:29:46,720 --> 00:29:44,300

vetri homeopathy what you sugarpill this

590

00:29:48,010 --> 00:29:46,730

for cows I know right and also they're

591

00:29:50,800 --> 00:29:48,020

looking at some of the dodgy medical

592

00:29:52,420 --> 00:29:50,810

advice given by UK chiropractors really

593

00:29:56,200 --> 00:29:52,430

okay look I'll mention all that in the

594

00:30:00,130 --> 00:29:56,210

promo now their website is good thinking

595

00:30:01,810 --> 00:30:00,140

society gone and they've recently been

596

00:30:03,520 --> 00:30:01,820

reporting on the resurgence of faith

597

00:30:05,830 --> 00:30:03,530

healer peter Popoff you know come on

598

00:30:17,440 --> 00:30:05,840

right okay look thanks to that it gives

599

00:30:19,950 --> 00:30:17,450

me something good to think about on the

600

00:30:23,080 --> 00:30:19,960

evening of saturday the 11th of febr

601
00:30:25,810 --> 00:30:23,090
2017 i found myself of the stranger

602
00:30:28,000 --> 00:30:25,820
things down under facebook group as we

603
00:30:31,750 --> 00:30:28,010
made our way to the rocks here in sydney

604
00:30:33,550 --> 00:30:31,760
be historic area of sydney we were there

605
00:30:38,410 --> 00:30:33,560
for a ghost tour run by the good people

606
00:30:40,240 --> 00:30:38,420
at ghost tours com delay you to

607
00:30:42,040 --> 00:30:40,250
experience the chills well we were

608
00:30:47,650 --> 00:30:42,050
hoping to experience the chills whistle

609
00:30:49,450 --> 00:30:47,660
was very hot of the sydney ghosts did we

610
00:30:52,000 --> 00:30:49,460
find any ghosts well i don't want to

611
00:30:54,130 --> 00:30:52,010
disappoint you what we did find was a

612
00:30:58,930 --> 00:30:54,140
wonderful evening out with lots of

613
00:31:03,539 --> 00:31:01,769

[Music]

614

00:31:09,299 --> 00:31:03,549

I'm speaking to you from the train

615

00:31:14,519 --> 00:31:12,029

circular key is the area in Sydney where

616

00:31:18,230 --> 00:31:14,529

the fairies leave from the go around the

617

00:31:21,710 --> 00:31:18,240

harbour past the Sydney Opera House and

618

00:31:25,499 --> 00:31:21,720

today's they apparently it's a record

619

00:31:27,690 --> 00:31:25,509

heat wave day for Sydney some parts of

620

00:31:33,119 --> 00:31:27,700

it at least and I can vouch for that

621

00:31:34,769 --> 00:31:33,129

it's tremendously hot and people are

622

00:31:37,049 --> 00:31:34,779

walking around looking a bit dazed that

623

00:31:40,049 --> 00:31:37,059

must admit anyway I've come downtown

624

00:31:42,539 --> 00:31:40,059

today to take part in the first event

625

00:31:46,169 --> 00:31:42,549

and put together by stranger things down

626
00:31:48,779 --> 00:31:46,179
under the new facebook social group for

627
00:31:52,019 --> 00:31:48,789
skeptics and interested people in Sydney

628
00:32:00,480 --> 00:31:52,029
and tonight we're doing the famous rocks

629
00:32:07,440 --> 00:32:04,980
and despite the despite their ridiculous

630
00:32:09,930 --> 00:32:07,450
temperature today lots of people around

631
00:32:11,370 --> 00:32:09,940
this area it's six o'clock in the

632
00:32:13,290 --> 00:32:11,380
evening it's a very popular tourist

633
00:32:16,830 --> 00:32:13,300
destination of course and it's a

634
00:32:21,710 --> 00:32:16,840
Saturday but I you can see there the

635
00:32:24,000 --> 00:32:21,720
shimmering heat haze and everybody is

636
00:32:28,590 --> 00:32:24,010
dressed in as little as they can

637
00:32:30,360 --> 00:32:28,600
possibly get away with today well of

638
00:32:32,040 --> 00:32:30,370

course longtime listeners that the

639

00:32:33,419 --> 00:32:32,050

skeptic zone will look well remember our

640

00:32:35,010 --> 00:32:33,429

chief investigator Australian

641

00:32:38,010 --> 00:32:35,020

skeptically and Bryce hello Ian oh hi

642

00:32:39,900 --> 00:32:38,020

Richard now we're walking along we just

643

00:32:41,760 --> 00:32:39,910

had a nice drinking in the pub before

644

00:32:44,490 --> 00:32:41,770

the tour because it's so hot we all

645

00:32:47,840 --> 00:32:44,500

retreated and drowned our hot sorrows

646

00:32:50,400 --> 00:32:47,850

but now we're walking down George Street

647

00:32:53,220 --> 00:32:50,410

right at the rocks here very historic

648

00:32:55,590 --> 00:32:53,230

area of Sydney to the ghost to it now

649

00:32:58,980 --> 00:32:55,600

how many ghosts are you expecting to see

650

00:33:00,990 --> 00:32:58,990

tonight here oh well haha that's a bit

651
00:33:03,299 --> 00:33:01,000
of an unfair question for a skeptic I'd

652
00:33:06,419 --> 00:33:03,309
like to see many that's a good answer

653
00:33:08,370 --> 00:33:06,429
we'd like to see many we would the Sun

654
00:33:10,410 --> 00:33:08,380
is just going down now and thankfully

655
00:33:12,419 --> 00:33:10,420
it's cooled off a little bit yes it

656
00:33:15,180 --> 00:33:12,429
reached about 40 degrees today I think

657
00:33:18,049 --> 00:33:15,190
which is only record in some areas of

658
00:33:21,720 --> 00:33:18,059
Sydney it went to 45 let's go hood I

659
00:33:24,180 --> 00:33:21,730
wish for our American listeners is well

660
00:33:26,790 --> 00:33:24,190
over a hundred well over 100 hundred and

661
00:33:29,130 --> 00:33:26,800
gin or something stupid like that but

662
00:33:30,930 --> 00:33:29,140
we're just as a nice group of skeptics

663
00:33:34,440 --> 00:33:30,940

here from the strong skeptics committee

664

00:33:36,540 --> 00:33:34,450

and some friends and here we are walking

665

00:33:39,750 --> 00:33:36,550

down which is turning now heading

666

00:33:42,930 --> 00:33:39,760

towards Cadman's cottage which is one of

667

00:33:46,710 --> 00:33:42,940

the very oldest buildings in Sydney

668

00:33:47,880 --> 00:33:46,720

where the ghost tours start from and oh

669

00:33:49,530 --> 00:33:47,890

I'm here with actually one of the

670

00:33:51,750 --> 00:33:49,540

organizers have strange things down

671

00:33:55,110 --> 00:33:51,760

under its trish and hello Trish hello

672

00:33:59,370 --> 00:33:55,120

Richard oh you know Trish from the ad we

673

00:34:01,740 --> 00:33:59,380

do for the new tactic of the sound of me

674

00:34:03,660 --> 00:34:01,750

but my voice is but out official just

675

00:34:06,200 --> 00:34:03,670

night singing along to guns and roses oh

676
00:34:09,510 --> 00:34:06,210
you and your guns and roses

677
00:34:12,180 --> 00:34:09,520
you're the voice that says um yeah would

678
00:34:13,829 --> 00:34:12,190
you like a coffee yeah thanks yes indeed

679
00:34:16,379 --> 00:34:13,839
that's me Oh Michael Marshall and his

680
00:34:18,510 --> 00:34:16,389
choice so we're you you're one of the

681
00:34:20,430 --> 00:34:18,520
organizers of strange vision yeah what's

682
00:34:21,629 --> 00:34:20,440
the whole idea about this and we're just

683
00:34:23,579 --> 00:34:21,639
getting out on the ground and just

684
00:34:25,379 --> 00:34:23,589
investigating you know what's what's out

685
00:34:27,300 --> 00:34:25,389
and what's what's available to the

686
00:34:28,829 --> 00:34:27,310
public so we're still kind of

687
00:34:31,379 --> 00:34:28,839
brainstorming what our first few ideas

688
00:34:32,730 --> 00:34:31,389

are going to be um this is quite a good

689

00:34:34,379 --> 00:34:32,740

one to start with because it's very well

690

00:34:36,899 --> 00:34:34,389

organized by an outside company so they

691

00:34:38,369 --> 00:34:36,909

can take us and shot what the deal is

692

00:34:41,190 --> 00:34:38,379

we'll see how much we're there is and

693

00:34:43,169 --> 00:34:41,200

how much history there is and I I would

694

00:34:45,419 --> 00:34:43,179

imagine the idea isn't to approach this

695

00:34:48,089 --> 00:34:45,429

as you saw it or we're skipping I met

696

00:34:49,889 --> 00:34:48,099

let's just have a nice social night out

697

00:34:51,599 --> 00:34:49,899

and just and see what what it's all

698

00:34:52,829 --> 00:34:51,609

about I mean you know I normally

699

00:34:54,210 --> 00:34:52,839

probably wouldn't come along something

700

00:34:55,530 --> 00:34:54,220

like this but with a group of friends so

701
00:34:58,260 --> 00:34:55,540
I know we can have it over laugh about

702
00:35:00,359 --> 00:34:58,270
it afterwards perfect absolutely i

703
00:35:02,820 --> 00:35:00,369
totally agree well you know Trish I

704
00:35:09,930 --> 00:35:02,830
think that's good thinking absolutely

705
00:35:12,510 --> 00:35:09,940
yeah it's very good very good ouch those

706
00:35:15,990 --> 00:35:12,520
ghosty things it's Ali Thea Dean hello

707
00:35:18,720 --> 00:35:16,000
Olivia I Richard no spooky action from

708
00:35:20,339 --> 00:35:18,730
close up from closer I hope so now

709
00:35:22,140 --> 00:35:20,349
listeners may well remember Lee Thea

710
00:35:24,060 --> 00:35:22,150
because we did a get ghost to her a

711
00:35:26,010 --> 00:35:24,070
couple years ago at the fields of my

712
00:35:28,260 --> 00:35:26,020
cemetery with me night didn't we that

713
00:35:30,390 --> 00:35:28,270

was a ghost hunt oh I'm sorry a hunt yes

714

00:35:33,570 --> 00:35:30,400

we're hunting as you say and I thought

715

00:35:36,450 --> 00:35:33,580

you did very well yes I I don't know I

716

00:35:39,390 --> 00:35:36,460

didn't find any but I mean you coped

717

00:35:41,240 --> 00:35:39,400

very well I should say that yeah we cope

718

00:35:44,790 --> 00:35:41,250

very well with the with a Ouija board

719

00:35:46,680 --> 00:35:44,800

and the spirit box Barry box you have

720

00:35:47,820 --> 00:35:46,690

forgot about that it was great fun

721

00:35:50,130 --> 00:35:47,830

though wasn't it was really enjoyable

722

00:35:51,930 --> 00:35:50,140

night tonight's gonna be a bit more

723

00:35:55,130 --> 00:35:51,940

passive though I think so we're going to

724

00:35:57,750 --> 00:35:55,140

be taken on ghost tour by a guide and

725

00:35:59,640 --> 00:35:57,760

given some good spooky yarns I hope and

726

00:36:02,460 --> 00:35:59,650

I've just noticed that our guide tonight

727

00:36:04,260 --> 00:36:02,470

is a good old friend of mine de Rouen

728

00:36:06,660 --> 00:36:04,270

Road and grieve so I've known for many

729

00:36:08,550 --> 00:36:06,670

years and whose sure to give us a

730

00:36:10,380 --> 00:36:08,560

wonderful evening and wonderful goes to

731

00:36:12,300 --> 00:36:10,390

her I'm looking forward to I don't know

732

00:36:14,410 --> 00:36:12,310

looking forward to something chillin

733

00:36:17,109 --> 00:36:14,420

that should make a difference

734

00:36:18,839 --> 00:36:17,119

look we own it we all need a good chill

735

00:36:21,730 --> 00:36:18,849

down the spine tonight don't we

736

00:36:24,309 --> 00:36:21,740

definitely 40 degree heat and Sydney

737

00:36:27,520 --> 00:36:24,319

right now quick something for you govern

738

00:36:31,030 --> 00:36:27,530

across here and there right there will

739

00:36:33,460 --> 00:36:31,040

be loving terrain and now we have a

740

00:36:35,650 --> 00:36:33,470

dragon ask you do i turn off your

741

00:36:39,160 --> 00:36:35,660

torches come on I'll get the salt a bit

742

00:36:41,289 --> 00:36:39,170

be all good people to face tether

743

00:36:42,670 --> 00:36:41,299

ghostly believers in residence so

744

00:36:48,670 --> 00:36:42,680

without trying to listen anyone's eyes

745

00:36:50,140 --> 00:36:48,680

you can see that's already played now

746

00:36:52,569 --> 00:36:50,150

the two is well underway we're in

747

00:36:54,130 --> 00:36:52,579

captain's cottage one of the oldest

748

00:36:56,829 --> 00:36:54,140

buildings or the oldest building in New

749

00:36:58,660 --> 00:36:56,839

South Wales and people are wandering

750

00:37:02,200 --> 00:36:58,670

around with torches trying to inspect

751

00:37:04,630 --> 00:37:02,210

the the historic relics here it's very

752

00:37:08,200 --> 00:37:04,640

said it's a bit spooky I must admit a

753

00:37:10,089 --> 00:37:08,210

little bit a little bit eerie our chief

754

00:37:13,030 --> 00:37:10,099

investigators got lost in the chimney

755

00:37:16,329 --> 00:37:13,040

yes did you find it in spiders in no

756

00:37:21,549 --> 00:37:16,339

ghosts oh well I think there were laws

757

00:37:24,099 --> 00:37:21,559

because of Santa closet and we'll just

758

00:37:26,200 --> 00:37:24,109

walk outside now apart from anything

759

00:37:29,049 --> 00:37:26,210

else i must say that these ghost tours

760

00:37:31,809 --> 00:37:29,059

often give give you an excellent

761

00:37:34,960 --> 00:37:31,819

opportunity to look at historic bits of

762

00:37:38,799 --> 00:37:34,970

Sydney or any city it's it's quite

763

00:37:40,870 --> 00:37:38,809

fascinating we'll come back out now it's

764

00:37:43,000 --> 00:37:40,880

a fascinating place indeed but foxfire's

765

00:37:44,740 --> 00:37:43,010

point in organ embassy estate the group

766

00:37:46,599 --> 00:37:44,750

he broke into the coxswains biochim

767

00:37:48,339 --> 00:37:46,609

spraying into the fire bus he was

768

00:37:50,410 --> 00:37:48,349

carrying in there that's where he was

769

00:37:52,150 --> 00:37:50,420

arrested and taken the Sydney joke where

770

00:37:53,859 --> 00:37:52,160

he spent three months until he was taken

771

00:38:07,400 --> 00:37:53,869

to hang on skill very true we pay for

772

00:38:13,050 --> 00:38:09,900

breaking up with some mechanics pray for

773

00:38:17,980 --> 00:38:13,060

me room to room you go two and one two

774

00:38:27,670 --> 00:38:17,990

three we got to bring out today

775

00:38:34,790 --> 00:38:31,580

we're inside the haunted room Jessica I

776

00:38:37,310 --> 00:38:34,800

don't feel anything I'm so sorry i feel

777

00:38:41,300 --> 00:38:37,320

warm it's warm in here yeah it is warm

778

00:38:44,930 --> 00:38:41,310

yeah yeah it's am very warm night to be

779

00:38:46,490 --> 00:38:44,940

walking around and OH someone's just

780

00:38:50,420 --> 00:38:46,500

turned the light on and off to give us a

781

00:38:53,540 --> 00:38:50,430

scare it did work people people reacted

782

00:39:00,400 --> 00:38:53,550

I was hoping for a cold shiver down the

783

00:39:07,580 --> 00:39:04,610

we've come to the very top of this house

784

00:39:08,990 --> 00:39:07,590

of the rocks here and most of the rooms

785

00:39:12,740 --> 00:39:09,000

are dark except when people turn on

786

00:39:15,500 --> 00:39:12,750

those yeah mr. downs just being filled

787

00:39:18,440 --> 00:39:15,510

out and the skeptics are arguing about a

788

00:39:23,020 --> 00:39:18,450

hole in the wall is that a fireplace a

789

00:39:25,250 --> 00:39:23,030

resort not come through to another room

790

00:39:26,750 --> 00:39:25,260

it's amazing that this Trish it's

791

00:39:28,820 --> 00:39:26,760

amazing in this house is here and

792

00:39:30,980 --> 00:39:28,830

basically unused yeah it's bigger than

793

00:39:32,510 --> 00:39:30,990

most apartments it's huge it goes on

794

00:39:34,610 --> 00:39:32,520

each room is bigger than every apartment

795

00:39:36,470 --> 00:39:34,620

i've ever lived in we could still go I

796

00:39:38,840 --> 00:39:36,480

know it doesn't get up that's nice is it

797

00:39:42,300 --> 00:39:38,850

there's another room here well and

798

00:39:44,590 --> 00:39:42,310

what's that it's a working holiday

799

00:39:46,840 --> 00:39:44,600

do you think it's a chimney it's got a

800

00:39:51,609 --> 00:39:46,850

big cockroach in the bottom a big

801
00:39:55,930 --> 00:39:51,619
cockroach about you I never knew this

802
00:39:57,490 --> 00:39:55,940
place was here it's fascinating thank

803
00:39:59,320 --> 00:39:57,500
you again and in the words of Alfred

804
00:40:01,420 --> 00:39:59,330
Hitchcock or any of you might be old

805
00:40:03,430 --> 00:40:01,430
enough to remember the babies I goes

806
00:40:08,170 --> 00:40:03,440
toaster oh now I just want guess you all

807
00:40:14,859 --> 00:40:08,180
a very good evening good evening in

808
00:40:16,270 --> 00:40:14,869
pencil turn on your tortures have a good

809
00:40:18,160 --> 00:40:16,280
walk around I'll be on the top of

810
00:40:20,740 --> 00:40:18,170
interesting collect them and totally do

811
00:40:25,180 --> 00:40:20,750
that towards where to start

812
00:40:33,370 --> 00:40:29,290
a big thank you to our ghost tour guide

813
00:40:37,120 --> 00:40:33,380

Rowan Greaves who persevered with us

814

00:40:39,490 --> 00:40:37,130

through outrageous temperatures we were

815

00:40:41,650 --> 00:40:39,500

all a sweaty mess during the whole tour

816

00:40:43,660 --> 00:40:41,660

the temperature really didn't cool down

817

00:40:46,450 --> 00:40:43,670

but Rowan Greaves always the

818

00:40:48,040 --> 00:40:46,460

professional carried on and if you're

819

00:40:51,280 --> 00:40:48,050

tempted to do the ghost tour just hit

820

00:40:52,630 --> 00:40:51,290

for ghost tours com dot a you to find

821

00:40:55,050 --> 00:40:52,640

out more information but I would

822

00:40:58,329 --> 00:40:55,060

probably recommend you don't do the tour

823

00:41:00,220 --> 00:40:58,339

during a heatwave I think the ghosts

824

00:41:02,410 --> 00:41:00,230

were probably on strike they probably

825

00:41:04,180 --> 00:41:02,420

went down to the South Pole to join Paul

826

00:41:06,190 --> 00:41:04,190

Willis in fact I think that's where all

827

00:41:08,559 --> 00:41:06,200

the curse were but now a great night out

828

00:41:10,680 --> 00:41:08,569

and I look forward to the next adventure

829

00:41:13,480 --> 00:41:10,690

with stranger things down under and

830

00:41:19,930 --> 00:41:13,490

links to all of that in this week's show

831

00:41:19,940 --> 00:41:25,250

[Music]

832

00:41:30,720 --> 00:41:28,500

it never ends a friend starts talking

833

00:41:32,310 --> 00:41:30,730

about his new Reiki Master and someone

834

00:41:35,040 --> 00:41:32,320

else just posted about another

835

00:41:37,530 --> 00:41:35,050

all-natural cancer cure that they don't

836

00:41:39,780 --> 00:41:37,540

want you to know about a skeptics we

837

00:41:41,910 --> 00:41:39,790

dedicate a lot of time trying to protect

838

00:41:44,100 --> 00:41:41,920

those around us but there's a way that

839

00:41:46,710 --> 00:41:44,110

you can reach millions guerrilla

840

00:41:48,600 --> 00:41:46,720

skepticism on Wikipedia is a group that

841

00:41:51,030 --> 00:41:48,610

is working to keep the best skeptical

842

00:41:54,150 --> 00:41:51,040

information at everyone's fingertips in

843

00:41:56,850 --> 00:41:54,160

all languages join us training is

844

00:41:59,580 --> 00:41:56,860

self-paced and fun and we have our very

845

00:42:02,070 --> 00:41:59,590

own super secret Facebook group you will

846

00:42:06,380 --> 00:42:02,080

be educating the world in your sleep to

847

00:42:10,470 --> 00:42:06,390

find out more email us at GS o w team @

848

00:42:15,590 --> 00:42:10,480

gmail.com guerrilla skepticism the time

849

00:42:25,940 --> 00:42:15,600

is now music by ben sound calm

850

00:42:31,350 --> 00:42:28,440

thank you for listening to the skeptic

851

00:42:32,940 --> 00:42:31,360

zone well tomorrow i'm jumping on a

852

00:42:35,220 --> 00:42:32,950

plane and heading down to Melbourne for

853

00:42:38,850 --> 00:42:35,230

a few days to see my old friend and UFO

854

00:42:40,500 --> 00:42:38,860

expert dr. Steve Roberts we really nice

855

00:42:42,900 --> 00:42:40,510

to catch up with him and catch up with a

856

00:42:45,000 --> 00:42:42,910

few of my friends down there in

857

00:42:46,530 --> 00:42:45,010

Melbourne and then I'll be spending a

858

00:42:48,330 --> 00:42:46,540

few days with a nut male friend Jim

859

00:42:50,670 --> 00:42:48,340

wilshire now Jim is the man who does the

860

00:42:52,470 --> 00:42:50,680

voice over at the beginning of the

861

00:42:55,440 --> 00:42:52,480

skeptic zone that's the voice you hear

862

00:42:58,380 --> 00:42:55,450

every week welcome to the skeptic zone

863

00:43:01,830 --> 00:42:58,390

the podcast from Australia for science

864

00:43:04,740 --> 00:43:01,840

and reason a very dear old friend of

865

00:43:08,130 --> 00:43:04,750

mine of course and he was a very big

866

00:43:11,700 --> 00:43:08,140

radio star in the in the 70 in the 80s

867

00:43:15,000 --> 00:43:11,710

and the 90s and now he retired and lives

868

00:43:17,340 --> 00:43:15,010

on a farm a really nice place to be in

869

00:43:20,130 --> 00:43:17,350

the Albury Wodonga area I hope the

870

00:43:21,990 --> 00:43:20,140

weather cools down a bit before then so

871

00:43:24,140 --> 00:43:22,000

next week so I expect to have interviews

872

00:43:27,960 --> 00:43:24,150

with steve roberts and well who knows

873

00:43:31,440 --> 00:43:27,970

who knows what maybe we'll look for UFOs

874

00:43:33,240 --> 00:43:31,450

in the countryside until then and i hope

875

00:43:36,390 --> 00:43:33,250

this hot weather goes away very quickly

876

00:43:42,690 --> 00:43:36,400

this is Richard Saunders melting from

877

00:43:45,210 --> 00:43:42,700

Sydney Australia you've been listening

878

00:43:48,750 --> 00:43:45,220

to the sceptics own podcast visit our

879

00:43:51,000 --> 00:43:48,760

website at wwc a petting zoo TV for

880

00:43:55,380 --> 00:43:51,010

contacts an archive of all episodes

881

00:43:57,540 --> 00:43:55,390

since 2008 and our online store please

882

00:44:00,840 --> 00:43:57,550

support the skeptic zone by following us

883

00:44:03,830 --> 00:44:00,850

on twitter at skeptic zone liking us on

884

00:44:06,210 --> 00:44:03,840

facebook and leaving a review on iTunes

885

00:44:08,880 --> 00:44:06,220

you can also show your support by

886

00:44:12,630 --> 00:44:08,890

subscribing via paypal for as little as

887

00:44:14,820 --> 00:44:12,640

99 cents a week the skeptic zone is an

888

00:44:16,740 --> 00:44:14,830

independent production the views and

889

00:44:18,960 --> 00:44:16,750

opinions expressed on the skeptic zone

890

00:44:21,810 --> 00:44:18,970

are not necessarily those of Australian

891

00:44:32,630 --> 00:44:21,820

skeptic tea or any other skeptical

892

00:44:37,500 --> 00:44:34,800

hello Richard Saunders here from

893

00:44:39,090 --> 00:44:37,510

skeptics own podcast listeners might say

894

00:44:42,060 --> 00:44:39,100

well remember from time to time I

895

00:44:44,130 --> 00:44:42,070

complain about their aircraft noise when

896

00:44:45,330 --> 00:44:44,140

I'm trying to record the show well this

897

00:44:47,070 --> 00:44:45,340

morning I thought I get up nice and

898

00:44:50,490 --> 00:44:47,080

early and do in a couple of weeks and

899

00:44:53,760 --> 00:44:50,500

voiceovers for the show only to hear

900

00:44:55,380 --> 00:44:53,770

that a flock of rainbow lorikeets is

