

Episode **588**

THE
**SKEPTIC
ZONE**
PODCAST

www.skepticzone.tv

19 January 2020

Pontus Böckman
from The ESP

hCG Diet
with Mandy-Lee Noble

Rock Stacking
with Michelle Franklin

Maynard at Skepticon 2019
Dr Steve Novella
Jay Novella
Lara Benham
Dr Lee Murray

The Skeptic Zone Podcast
Episode 588 - 19 January 2020



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88 - 19 January 2020



1
00:00:11,910 --> 00:00:09,110
welcome to the skeptic zone the podcast

2
00:00:13,920 --> 00:00:11,920
from Australia for science and reason

3
00:00:24,970 --> 00:00:13,930
[Music]

4
00:00:29,290 --> 00:00:24,980
yes it's the skeptic zone podcast

5
00:00:33,100 --> 00:00:29,300
episode number 588 for the 19th of

6
00:00:35,140 --> 00:00:33,110
January 2020 richardsaunders here with

7
00:00:39,460 --> 00:00:35,150
you coming to you this week from Bend

8
00:00:41,710 --> 00:00:39,470
Oregon and I'm walking along a road near

9
00:00:45,130 --> 00:00:41,720
Thunder Wood Ranch with the brine during

10
00:00:46,570 --> 00:00:45,140
hello Brian hello great to be visiting

11
00:00:50,110 --> 00:00:46,580
you great to visit the skeptoid

12
00:00:51,759 --> 00:00:50,120
headquarters and we're just taking a

13
00:00:54,130 --> 00:00:51,769

nice walk through the snow at the moment

14

00:00:57,729 --> 00:00:54,140

along your road the snow is falling it's

15

00:00:59,229 --> 00:00:57,739

just covered everywhere this beautiful

16

00:01:01,330 --> 00:00:59,239

white powdered snow it must be tough

17

00:01:02,830 --> 00:01:01,340

living here Brian why are we taking a

18

00:01:03,160 --> 00:01:02,840

walk along the side of the road thank

19

00:01:06,279 --> 00:01:03,170

you

20

00:01:09,880 --> 00:01:06,289

exercise exercise the story surely just

21

00:01:11,590 --> 00:01:09,890

exercises we're not exactly dressed for

22

00:01:16,060 --> 00:01:11,600

this cold weather at the moment there's

23

00:01:18,219 --> 00:01:16,070

a long story folks in one day however

24

00:01:19,810 --> 00:01:18,229

the story you want to hear is what's

25

00:01:23,529 --> 00:01:19,820

coming up on this week's episode of the

26
00:01:26,830 --> 00:01:23,539
skeptical zone well in no particular order

27
00:01:29,710 --> 00:01:26,840
Maynard reports from skeptic on 2019

28
00:01:31,660 --> 00:01:29,720
once again with Steve Novella and J

29
00:01:32,260 --> 00:01:31,670
Novella from the Skeptics Guide to the

30
00:01:36,210 --> 00:01:32,270
universe

31
00:01:41,679 --> 00:01:36,220
our good friend Lara Benham and linguist

32
00:01:43,929 --> 00:01:41,689
Dr. Lee Murray also this week our

33
00:01:47,830 --> 00:01:43,939
reporter Michelle Franklin talks about

34
00:01:51,520 --> 00:01:47,840
rock stacking Mandy Lee Noble on fat

35
00:01:53,560 --> 00:01:51,530
diets for the 2020s and I catch up with

36
00:01:56,620 --> 00:01:53,570
our old friend POTUS Berkman from the

37
00:02:00,450 --> 00:01:56,630
European Skeptics Podcast who tells us

38
00:02:03,700 --> 00:02:00,460

about a weird sort of personality test

39

00:02:07,210 --> 00:02:03,710

popular in Sweden now Brian I must say

40

00:02:12,220 --> 00:02:07,220

we were very fond of Pontus because in

41

00:02:14,770 --> 00:02:12,230

the last hour or so he actually sent us

42

00:02:15,660 --> 00:02:14,780

money so we could have a beer in his

43

00:02:18,910 --> 00:02:15,670

honor

44

00:02:21,009 --> 00:02:18,920

thank you font us a fine example that

45

00:02:25,090 --> 00:02:21,019

many others should follow I totally

46

00:02:28,210 --> 00:02:25,100

agree cool it is brisk out here but the

47

00:02:29,830 --> 00:02:28,220

beauty is just sublime it's hard to

48

00:02:32,050 --> 00:02:29,840

describe what we're walking past rocks

49

00:02:34,150 --> 00:02:32,060

and trees covered with snow the road is

50

00:02:36,520 --> 00:02:34,160

completely covered with snow and we're

51
00:02:39,360 --> 00:02:36,530
nearing the entrance to the skeptoid

52
00:02:42,220 --> 00:02:39,370
headquarters Wow

53
00:02:44,890 --> 00:02:42,230
let's get it's cold but it's just

54
00:02:48,270 --> 00:02:44,900
beautiful so why we right inside and

55
00:02:51,490 --> 00:02:48,280
possibly have a very warm drink Brian

56
00:02:53,320 --> 00:02:51,500
most more than probably I hope the rest

57
00:02:55,160 --> 00:02:53,330
of you enjoyed this week's episode of

58
00:03:04,080 --> 00:02:55,170
the skipping zone

59
00:03:18,950 --> 00:03:04,090
[Music]

60
00:03:21,410 --> 00:03:18,960
and joining me now all the way from

61
00:03:23,840 --> 00:03:21,420
beautiful malmö in Sweden it's pondus

62
00:03:26,540 --> 00:03:23,850
Bergman from the European skeptics

63
00:03:28,100 --> 00:03:26,550

podcast the real ESP experience good

64

00:03:31,340 --> 00:03:28,110

morning pontiff's hey Sun hey Sun

65

00:03:32,990 --> 00:03:31,350

Richard thanks for having me back of

66

00:03:35,410 --> 00:03:33,000

course you're always welcome on the show

67

00:03:38,480 --> 00:03:35,420

anytime pontus thank you very much Dave

68

00:03:41,440 --> 00:03:38,490

of course but today before we get to the

69

00:03:43,490 --> 00:03:41,450

topic in hand for those people who

70

00:03:45,080 --> 00:03:43,500

listen to the skeptic zone of course

71

00:03:47,030 --> 00:03:45,090

would have heard over the years various

72

00:03:50,000 --> 00:03:47,040

promotions for the European skeptics

73

00:03:52,070 --> 00:03:50,010

podcast you passed a big milestone in

74

00:03:54,680 --> 00:03:52,080

episodes how's the podcast going it's

75

00:03:58,130 --> 00:03:54,690

going very well very well we just passed

76

00:04:01,310 --> 00:03:58,140

the 200th episode so we're now starting

77

00:04:05,000 --> 00:04:01,320

off fifth year online or whatever it is

78

00:04:07,790 --> 00:04:05,010

and it's well yeah so it's a weekly

79

00:04:09,350 --> 00:04:07,800

podcast yeah yeah it's a I'm sorry

80

00:04:11,000 --> 00:04:09,360

that's just so surprising to me I

81

00:04:12,500 --> 00:04:11,010

remember when you started and now you're

82

00:04:14,780 --> 00:04:12,510

telling me it's five years ago that's

83

00:04:16,460 --> 00:04:14,790

crazy yes yes really oh it's four years

84

00:04:18,530 --> 00:04:16,470

ago we're starting our fifth year now so

85

00:04:20,479 --> 00:04:18,540

right now yeah yeah of course I

86

00:04:22,360 --> 00:04:20,489

understand it's still it's still crazy

87

00:04:25,550 --> 00:04:22,370

yeah it is it is

88

00:04:27,680 --> 00:04:25,560

well it's a weekly thing and we do it

89

00:04:30,800 --> 00:04:27,690

every week it's it's hard work but it's

90

00:04:34,190 --> 00:04:30,810

fun and we think we're doing something

91

00:04:35,900 --> 00:04:34,200

too you know and help the skeptics

92

00:04:38,920 --> 00:04:35,910

movement what we're doing is we try to

93

00:04:42,380 --> 00:04:38,930

focus on European events and European

94

00:04:46,100 --> 00:04:42,390

pseudoscience and European skepticism

95

00:04:48,830 --> 00:04:46,110

and try to tie together countries that

96

00:04:50,090 --> 00:04:48,840

you may not hear about too much if

97

00:04:54,410 --> 00:04:50,100

you're just in the english-speaking

98

00:04:56,810 --> 00:04:54,420

world so such as check a Czech Republic

99

00:05:00,110 --> 00:04:56,820

and Italy and what's going on in

100

00:05:03,320 --> 00:05:00,120

Portugal and so on what is this annual

101
00:05:06,050 --> 00:05:03,330
award that the Swedish skeptics give out

102
00:05:10,100 --> 00:05:06,060
just like you do in Australia you want

103
00:05:11,930 --> 00:05:10,110
to if you want to highlight certain

104
00:05:14,560 --> 00:05:11,940
things that happen during the year in

105
00:05:17,840 --> 00:05:14,570
Sweden we give up that we give out two

106
00:05:22,370 --> 00:05:17,850
awards one is enlightener of the year

107
00:05:23,659 --> 00:05:22,380
somebody who's been you know been doing

108
00:05:26,480 --> 00:05:23,669
something good for science and

109
00:05:28,550 --> 00:05:26,490
advocating rational thinking etc and

110
00:05:29,960 --> 00:05:28,560
then we have one satirical award as

111
00:05:32,960 --> 00:05:29,970
well which unfortunately doesn't

112
00:05:35,750 --> 00:05:32,970
translate very well it's for people who

113
00:05:37,790 --> 00:05:35,760

have confounded the public in a way and

114

00:05:40,760 --> 00:05:37,800

we have a very good word for that in in

115

00:05:43,490 --> 00:05:40,770

Swedish but we can translate it as

116

00:05:45,980 --> 00:05:43,500

confounder of the year even I I know

117

00:05:48,500 --> 00:05:45,990

it's not that's not a word you see what

118

00:05:51,020 --> 00:05:48,510

I mean so the award is like the

119

00:05:53,180 --> 00:05:51,030

Australian skeptics bent spoon exactly

120

00:05:55,610 --> 00:05:53,190

that's why it so in Sweden we have the

121

00:05:59,990 --> 00:05:55,620

confounder er of the year how does that

122

00:06:03,500 --> 00:06:00,000

sound in Swedish it's our foot orbits

123

00:06:05,330 --> 00:06:03,510

for Valera for Valera is a confounder er

124

00:06:07,100 --> 00:06:05,340

and apparently it's just a Swedish thing

125

00:06:11,600 --> 00:06:07,110

because we have a very specific word for

126

00:06:12,980 --> 00:06:11,610

it well I'll take you I'll take your

127

00:06:16,219 --> 00:06:12,990

word for it I won't try to pronounce

128

00:06:19,250 --> 00:06:16,229

that so recently I think it was at this

129

00:06:21,800 --> 00:06:19,260

year or in the last year the award was

130

00:06:23,000 --> 00:06:21,810

given to an author by the name of Thomas

131

00:06:26,450 --> 00:06:23,010

Eriksson yes

132

00:06:28,250 --> 00:06:26,460

that isn't a wrote a book called and I

133

00:06:31,909 --> 00:06:28,260

must admit I haven't caught up with all

134

00:06:33,110 --> 00:06:31,919

this surrounded by idiots which is a

135

00:06:35,960 --> 00:06:33,120

quite a title

136

00:06:38,600 --> 00:06:35,970

hmm now why is this why is Thomas

137

00:06:42,980 --> 00:06:38,610

Eriksson worthy of being a confounder of

138

00:06:45,860 --> 00:06:42,990

the year yes well it is said that it

139

00:06:48,020 --> 00:06:45,870

contains the key and how to divide

140

00:06:53,060 --> 00:06:48,030

people into different personality types

141

00:06:56,000 --> 00:06:53,070

oh so you have a red person or a green

142

00:06:59,210 --> 00:06:56,010

person or a yellow person etc and it's

143

00:07:02,029 --> 00:06:59,220

not even his idea but the problem is

144

00:07:05,270 --> 00:07:02,039

that it's extremely successful have been

145

00:07:08,360 --> 00:07:05,280

here in Sweden the book and it's also

146

00:07:10,670 --> 00:07:08,370

nonsense it's compare you could compare

147

00:07:14,300 --> 00:07:10,680

it to horoscopes it doesn't give you any

148

00:07:18,560 --> 00:07:14,310

clue of how if you get the labelled red

149

00:07:20,480 --> 00:07:18,570

person doesn't help anything in how to -

150

00:07:23,000 --> 00:07:20,490

it doesn't help you at all it's like

151
00:07:24,980 --> 00:07:23,010
being a Capricorn or something what can

152
00:07:28,430 --> 00:07:24,990
you do with that information problem is

153
00:07:31,219 --> 00:07:28,440
that it's so successful now I think it's

154
00:07:34,310 --> 00:07:31,229
close has sold close to 1 million copies

155
00:07:37,700 --> 00:07:34,320
in and you know Sweden only has 10

156
00:07:40,969 --> 00:07:37,710
million inhabitants must be a copy in

157
00:07:42,589 --> 00:07:40,979
every third household and it's getting

158
00:07:45,760 --> 00:07:42,599
into people's

159
00:07:48,830 --> 00:07:45,770
everyday life as well it's used by

160
00:07:51,740 --> 00:07:48,840
recruiting companies it's reduced by

161
00:07:53,930 --> 00:07:51,750
team-building exercises it's used even

162
00:07:56,930 --> 00:07:53,940
in marriage counseling and it's all

163
00:07:58,760 --> 00:07:56,940

based on nonsense that's extraordinary

164

00:08:00,680 --> 00:07:58,770

and you're saying their personality

165

00:08:03,050 --> 00:08:00,690

tests now this is something I haven't

166

00:08:08,330 --> 00:08:03,060

caught up with yet the tests are known

167

00:08:10,550 --> 00:08:08,340

as di s yes C or D is a yeah yes do you

168

00:08:12,110 --> 00:08:10,560

know any I mean what is that meaning I

169

00:08:14,300 --> 00:08:12,120

mean how do you do this test how you

170

00:08:16,969 --> 00:08:14,310

label the red person or a green person

171

00:08:20,510 --> 00:08:16,979

or whatever yes so so the D stands for

172

00:08:23,450 --> 00:08:20,520

dominant and then there's a I is

173

00:08:27,469 --> 00:08:23,460

influential the S is steady or

174

00:08:30,550 --> 00:08:27,479

submissive and the C is compliant and

175

00:08:33,440 --> 00:08:30,560

sometimes this last one is called

176

00:08:37,850 --> 00:08:33,450

analytical so then it's DISA so its core

177

00:08:40,550 --> 00:08:37,860

DISA analysis and this was invented in

178

00:08:44,329 --> 00:08:40,560

the 40s not by Thomas Ericsson by the

179

00:08:46,850 --> 00:08:44,339

way because he wasn't born yeah by a guy

180

00:08:49,730 --> 00:08:46,860

called William Moulton Marston who was

181

00:08:53,210 --> 00:08:49,740

the same guy who invented Wonder Woman

182

00:08:57,860 --> 00:08:53,220

so there was a it's a very interesting

183

00:09:00,620 --> 00:08:57,870

person and he just sat in his you know

184

00:09:02,630 --> 00:09:00,630

study and made this all up it's not

185

00:09:05,480 --> 00:09:02,640

based on any studies it's not based on

186

00:09:07,579 --> 00:09:05,490

any science it's he didn't try to test

187

00:09:10,579 --> 00:09:07,589

it or anything he just said this is how

188

00:09:12,860 --> 00:09:10,589

I think it is and it's very simplistic

189

00:09:16,940 --> 00:09:12,870

you basically great people in two

190

00:09:19,579 --> 00:09:16,950

dimensions the first one is task-focused

191

00:09:22,280 --> 00:09:19,589

or people-focused apparently you can't

192

00:09:25,160 --> 00:09:22,290

be both you are either/or and the other

193

00:09:31,819 --> 00:09:25,170

one is if you're active or reflective

194

00:09:35,000 --> 00:09:31,829

and based on how you after his ideas

195

00:09:38,689 --> 00:09:35,010

that would later developed tests with

196

00:09:40,340 --> 00:09:38,699

self-reported tests that you answer a

197

00:09:42,639 --> 00:09:40,350

number of questions and then you get

198

00:09:46,160 --> 00:09:42,649

your score and you become either a red

199

00:09:49,970 --> 00:09:46,170

green yellow or blue person but the

200

00:09:52,490 --> 00:09:49,980

problem is and I'm not a psychologist

201
00:09:56,260 --> 00:09:52,500
but I know of you and the ones I've

202
00:09:59,050 --> 00:09:56,270
talked to say that in psychology we real

203
00:10:01,269 --> 00:09:59,060
don't want to put people in different

204
00:10:02,860 --> 00:10:01,279
personality types we're very careful

205
00:10:04,780 --> 00:10:02,870
with that what we're talking about in

206
00:10:07,120 --> 00:10:04,790
psychology is different behavior and

207
00:10:09,880 --> 00:10:07,130
that behavior can be very different in

208
00:10:13,600 --> 00:10:09,890
different situation it can evolve over

209
00:10:16,300 --> 00:10:13,610
time etc so it's very very hard to

210
00:10:18,400 --> 00:10:16,310
classify people into certain

211
00:10:20,860 --> 00:10:18,410
personalities well as you were reading

212
00:10:23,949 --> 00:10:20,870
to me as you were telling me all about

213
00:10:26,740 --> 00:10:23,959

this all the red flags in my mind are

214

00:10:29,590 --> 00:10:26,750

shooting up straight away it just sounds

215

00:10:31,540 --> 00:10:29,600

such it sounds so obvious a

216

00:10:33,900 --> 00:10:31,550

pseudoscience and obviously like

217

00:10:36,670 --> 00:10:33,910

astrology or palm reading or

218

00:10:39,250 --> 00:10:36,680

categorizing people I'm quite surprised

219

00:10:41,019 --> 00:10:39,260

and how people actually capitalizing on

220

00:10:44,410 --> 00:10:41,029

this how people making money apart from

221

00:10:47,350 --> 00:10:44,420

book sales book sales and giving

222

00:10:51,699 --> 00:10:47,360

lectures and workshops

223

00:10:54,490 --> 00:10:51,709

I think tomas ax on charges like three

224

00:10:56,949 --> 00:10:54,500

or four thousand dollars prevalent for a

225

00:11:00,040 --> 00:10:56,959

day of of a workshop etc and he does

226

00:11:02,410 --> 00:11:00,050

this i think a hundred and twenty one

227

00:11:04,630 --> 00:11:02,420

hundred and fifty times per year so it's

228

00:11:07,329 --> 00:11:04,640

one business and then with the world and

229

00:11:09,220 --> 00:11:07,339

of course there are sequels so the the

230

00:11:13,240 --> 00:11:09,230

first one is called surrounded by idiots

231

00:11:15,760 --> 00:11:13,250

which is a strangely ironic title if I

232

00:11:19,030 --> 00:11:15,770

may digress and my copy of it because I

233

00:11:21,160 --> 00:11:19,040

had to get a copy it has a sticker on it

234

00:11:23,260 --> 00:11:21,170

says eight hundred thousand readers

235

00:11:34,269 --> 00:11:23,270

cannot be wrong there are idiots

236

00:11:37,170 --> 00:11:34,279

everywhere that's just brilliant yes and

237

00:11:39,880 --> 00:11:37,180

of course there are now the sequel's

238

00:11:42,100 --> 00:11:39,890

surrounded by psychopaths where he's

239

00:11:44,740 --> 00:11:42,110

less that if you read this book you can

240

00:11:48,370 --> 00:11:44,750

diagnose a psychopath in about fifteen

241

00:11:50,980 --> 00:11:48,380

minutes which is probably not something

242

00:11:53,860 --> 00:11:50,990

you should try to do and then there is

243

00:11:57,280 --> 00:11:53,870

the next sequel called surrounded by bad

244

00:12:00,370 --> 00:11:57,290

bosses how to avoid now why good

245

00:12:04,150 --> 00:12:00,380

leadership is so rare but then I guess

246

00:12:06,910 --> 00:12:04,160

he found out that bosses or managers are

247

00:12:08,410 --> 00:12:06,920

good people to by book so he didn't want

248

00:12:09,940 --> 00:12:08,420

to alienate them so he quickly wrote

249

00:12:12,790 --> 00:12:09,950

another sequel called

250

00:12:16,350 --> 00:12:12,800

surrounded by lazy people why some

251
00:12:19,570 --> 00:12:16,360
co-workers never get things done so if

252
00:12:21,910 --> 00:12:19,580
you wanted to sell this to everybody of

253
00:12:24,100 --> 00:12:21,920
course and I'm saying now the whole

254
00:12:25,960 --> 00:12:24,110
premise is that you're good you're okay

255
00:12:28,720 --> 00:12:25,970
you're you could be green yellow red

256
00:12:31,390 --> 00:12:28,730
pink blue doesn't matter it's the other

257
00:12:32,830 --> 00:12:31,400
people yes that you're better than all

258
00:12:34,660 --> 00:12:32,840
the other people or you can be better

259
00:12:38,440 --> 00:12:34,670
than all the other people again it's

260
00:12:40,780 --> 00:12:38,450
it's I am amazed how obvious a

261
00:12:42,630 --> 00:12:40,790
pseudoscience this is now what else have

262
00:12:44,710 --> 00:12:42,640
this really skeptics been doing I

263
00:12:46,810 --> 00:12:44,720

presume you've been trying to get media

264

00:12:49,930 --> 00:12:46,820

attention to this or something yes we

265

00:12:52,930 --> 00:12:49,940

have we've also pointed out that last

266

00:12:56,920 --> 00:12:52,940

year even after we gave him this shame

267

00:13:00,460 --> 00:12:56,930

award we have found that the Swedish

268

00:13:03,160 --> 00:13:00,470

government official organizations such

269

00:13:05,560 --> 00:13:03,170

as regions that the regions in the

270

00:13:10,450 --> 00:13:05,570

healthcare and others have spent

271

00:13:12,970 --> 00:13:10,460

millions of Swedish kronor which is well

272

00:13:16,990 --> 00:13:12,980

let's divide it by 10 to make it into a

273

00:13:19,630 --> 00:13:17,000

dollar so over a million dollars to four

274

00:13:23,740 --> 00:13:19,640

that's what we found and there's

275

00:13:26,590 --> 00:13:23,750

probably much more on his lectures on on

276

00:13:29,050 --> 00:13:26,600

other companies do selling the same kind

277

00:13:31,500 --> 00:13:29,060

of thing also dividing people into real

278

00:13:34,450 --> 00:13:31,510

red yellow and green people or a

279

00:13:36,220 --> 00:13:34,460

personality types again found us I'm

280

00:13:38,860 --> 00:13:36,230

still amazed by hearing all this it's

281

00:13:42,370 --> 00:13:38,870

it's I couldn't imagine coming up with a

282

00:13:45,250 --> 00:13:42,380

more obvious pseudoscience and this just

283

00:13:47,890 --> 00:13:45,260

divide people into colors is a handy way

284

00:13:51,220 --> 00:13:47,900

to do it yes I and I would imagine

285

00:13:53,560 --> 00:13:51,230

though there should be a straightforward

286

00:13:54,910 --> 00:13:53,570

way to test this if this system actually

287

00:13:58,000 --> 00:13:54,920

works yes

288

00:14:01,660 --> 00:13:58,010

but he's careful not to do that of

289

00:14:04,600 --> 00:14:01,670

course and actually I think it has been

290

00:14:07,690 --> 00:14:04,610

tested or tried but it had never has

291

00:14:09,250 --> 00:14:07,700

never panned out the problem and the

292

00:14:11,230 --> 00:14:09,260

reason I wanted to talk to you in your

293

00:14:14,010 --> 00:14:11,240

listeners as well is that now as it's

294

00:14:16,030 --> 00:14:14,020

translated into English we want to warn

295

00:14:19,390 --> 00:14:16,040

skeptics and people all over the world

296

00:14:21,740 --> 00:14:19,400

it is available now on Amazon on in

297

00:14:23,870 --> 00:14:21,750

Australia Richard

298

00:14:26,510 --> 00:14:23,880

and it's getting good reviews there

299

00:14:30,500 --> 00:14:26,520

because it is very it's very attractive

300

00:14:33,710 --> 00:14:30,510

idea and the thing is - it's very

301

00:14:37,670 --> 00:14:33,720

attractive to think that by answering a

302

00:14:40,490 --> 00:14:37,680

few questions you get the there is the

303

00:14:44,000 --> 00:14:40,500

key to all your problems so it's very

304

00:14:47,390 --> 00:14:44,010

much the case of a very complex issue

305

00:14:49,010 --> 00:14:47,400

having a very simple explanation and you

306

00:14:51,320 --> 00:14:49,020

just read this book and then you then

307

00:14:54,170 --> 00:14:51,330

you realize why you're not why you're

308

00:14:56,890 --> 00:14:54,180

failing at work or why your wife is mad

309

00:14:59,720 --> 00:14:56,900

at you or anything that can happen right

310

00:15:03,110 --> 00:14:59,730

so people love this and you have to

311

00:15:05,000 --> 00:15:03,120

really point out to them that it is if I

312

00:15:08,840 --> 00:15:05,010

may say so [h__h] and you have maybe

313

00:15:11,780 --> 00:15:08,850

you have to censor that out but BA how

314

00:15:14,990 --> 00:15:11,790

well Ponder's I must say the policy of

315

00:15:17,060 --> 00:15:15,000

the skeptic CERN is to be very very

316

00:15:19,070 --> 00:15:17,070

family friendly but there are certain

317

00:15:21,290 --> 00:15:19,080

terms in our society used in the right

318

00:15:22,880 --> 00:15:21,300

context which I think are okay and I

319

00:15:25,670 --> 00:15:22,890

think that's one of them used in this

320

00:15:28,040 --> 00:15:25,680

context alright thank you very much for

321

00:15:31,070 --> 00:15:28,050

allowing like that well thank you for

322

00:15:34,130 --> 00:15:31,080

the warning yeah it's so hard to keep a

323

00:15:36,200 --> 00:15:34,140

finger on the pulse of every weird and

324

00:15:37,640 --> 00:15:36,210

skeptical and pseudoscience thing

325

00:15:41,210 --> 00:15:37,650

happening around the world but this is a

326

00:15:43,700 --> 00:15:41,220

good warning for us yeah we will I'll

327

00:15:45,260 --> 00:15:43,710

make it my mission in the next little

328

00:15:48,080 --> 00:15:45,270

world to find out more about this

329

00:15:51,050 --> 00:15:48,090

because it's just as I keep saying and

330

00:15:52,400 --> 00:15:51,060

saying it's just so obvious what it is

331

00:15:54,620 --> 00:15:52,410

and that's one of the things I like

332

00:15:56,150 --> 00:15:54,630

about having sceptical colleagues all

333

00:15:59,180 --> 00:15:56,160

around the world we can certainly help

334

00:16:02,060 --> 00:15:59,190

each other out and let each other in on

335

00:16:04,760 --> 00:16:02,070

this this information yeah and to make

336

00:16:09,050 --> 00:16:04,770

it easier for for you guys out there we

337

00:16:11,300 --> 00:16:09,060

have translated a rather long article by

338

00:16:14,480 --> 00:16:11,310

an actual psychologist Swedish

339

00:16:16,340 --> 00:16:14,490

psychologist into English when we have

340

00:16:19,370 --> 00:16:16,350

published that and I will send you the

341

00:16:22,280 --> 00:16:19,380

link Richard so you can put it in the

342

00:16:24,800 --> 00:16:22,290

show notes so if you want to read up on

343

00:16:29,510 --> 00:16:24,810

what the real psychology says about this

344

00:16:31,430 --> 00:16:29,520

and why this is not real science then

345

00:16:34,520 --> 00:16:31,440

then you're free to do that and I

346

00:16:35,350 --> 00:16:34,530

already got a question from from the

347

00:16:37,360 --> 00:16:35,360

Dutch skeptic

348

00:16:39,819 --> 00:16:37,370

if it's okay to translate it into their

349

00:16:42,759 --> 00:16:39,829

language and yes please translate it

350

00:16:45,250 --> 00:16:42,769

into all the languages you can because

351

00:16:47,170 --> 00:16:45,260

we want to spread the word excellent

352

00:16:49,000 --> 00:16:47,180

thanks again Pontus I will certainly

353

00:16:50,740 --> 00:16:49,010

folks I'll link to that article in this

354

00:16:53,650 --> 00:16:50,750

week's show note I encourage you to read

355

00:16:55,240 --> 00:16:53,660

that especially if you're interested in

356

00:16:58,480 --> 00:16:55,250

this sort of pseudo science and

357

00:16:59,889 --> 00:16:58,490

personality test is starting to sound a

358

00:17:01,810 --> 00:16:59,899

little bit like the secret is an

359

00:17:04,449 --> 00:17:01,820

abundant yes yes absolutely

360

00:17:06,730 --> 00:17:04,459

yeah well pundits once again thank you

361

00:17:07,960 --> 00:17:06,740

very much and as we sign out I wouldn't

362

00:17:10,090 --> 00:17:07,970

know if you wouldn't mind saying a few

363

00:17:13,689 --> 00:17:10,100

words to all our Swedish listeners I'm

364

00:17:18,069 --> 00:17:13,699

Swedish of course yah yah - Alaska less

365

00:17:21,010 --> 00:17:18,079

support on Thomas X oh no Hahn's only

366

00:17:23,079 --> 00:17:21,020

even a video to book for them a bhakti

367

00:17:26,079 --> 00:17:23,089

an idio disc thank you very much Richard

368

00:17:27,579 --> 00:17:26,089

for having me on anytime pontus and

369

00:17:29,500 --> 00:17:27,589

anytime you want to come back on the

370

00:17:31,210 --> 00:17:29,510

show please drop me a line and you be

371

00:17:33,280 --> 00:17:31,220

straight to the top of the queue but for

372

00:17:35,110 --> 00:17:33,290

now pontus Bergman from the European

373

00:17:38,050 --> 00:17:35,120

skeptics podcast thank you very much

374

00:17:52,590 --> 00:17:38,060

thank you bye

375

00:17:54,510 --> 00:17:52,600

[Music]

376

00:17:57,830 --> 00:17:54,520

exist

377

00:18:00,650 --> 00:17:57,840

[Music]

378

00:18:02,570 --> 00:18:00,660

hey Sam have you ever wondered what

379

00:18:04,460 --> 00:18:02,580

skeptics are up to in countries where

380

00:18:06,590 --> 00:18:04,470

English is not necessarily the first

381

00:18:08,330 --> 00:18:06,600

language or are you interested to learn

382

00:18:10,760 --> 00:18:08,340

about some fascinating and sometimes

383

00:18:13,100 --> 00:18:10,770

very bizarre Europe related facts events

384

00:18:14,480 --> 00:18:13,110

or people from history of skepticism or

385

00:18:17,090 --> 00:18:14,490

do you just want to know who's been

386

00:18:19,850 --> 00:18:17,100

really wrong lately you can find out all

387

00:18:23,360 --> 00:18:19,860

about that and more on the award-winning

388

00:18:26,000 --> 00:18:23,370

show the ESP the European sceptics

389

00:18:29,480 --> 00:18:26,010

podcast so where can people find the

390

00:18:31,400 --> 00:18:29,490

show you can find it online at the ESP

391

00:18:34,250 --> 00:18:31,410

dot EU but you can also follow us on

392

00:18:37,100 --> 00:18:34,260

Twitter at es podcast and d'ascoyne you

393

00:18:39,050 --> 00:18:37,110

or like us on Facebook oh and you can

394

00:18:42,320 --> 00:18:39,060

contacts the show by sending an email to

395

00:18:44,450 --> 00:18:42,330

info at the ESP dot EU if you want to

396

00:18:47,060 --> 00:18:44,460

subscribe do a quick search for the

397

00:18:49,580 --> 00:18:47,070

European skeptics podcast on SoundCloud

398

00:18:52,430 --> 00:18:49,590

iTunes stitcher or whatever you get to

399

00:18:57,510 --> 00:18:52,440

your podcast the European skeptics

400

00:19:02,520 --> 00:18:57,520

podcast the real ESP experience

401
00:19:18,510 --> 00:19:17,130
I don't know how you can believe that

402
00:19:25,380 --> 00:19:18,520
looks good enough to eat

403
00:19:33,440 --> 00:19:25,390
or does it here's the diet skeptic man

404
00:19:37,110 --> 00:19:33,450
daily noble aloe skeptic sign listeners

405
00:19:44,670 --> 00:19:37,120
mandelino ville here dietitian and

406
00:19:46,830 --> 00:19:44,680
skeptic reporting from Brisbane while

407
00:19:50,130 --> 00:19:46,840
welcome to the new year skeptic zone

408
00:19:52,470 --> 00:19:50,140
listeners and to a new decade and of

409
00:19:55,650 --> 00:19:52,480
course it would not be the new year

410
00:19:58,980 --> 00:19:55,660
without the annual Russia bad diets

411
00:20:01,080 --> 00:19:58,990
offering a miraculous solution for all

412
00:20:05,730 --> 00:20:01,090
those that are resolved to lose weight

413
00:20:09,510 --> 00:20:05,740

in 2020 so to celebrate the new year in

414

00:20:12,090 --> 00:20:09,520

true diet skeptic style for this episode

415

00:20:14,640 --> 00:20:12,100

of the diet skeptic report I will be

416

00:20:20,120 --> 00:20:14,650

unpacking the claims made by one of

417

00:20:24,360 --> 00:20:20,130

these magical offerings the hcg diet

418

00:20:27,180 --> 00:20:24,370

originally formulated in 1954 but

419

00:20:30,050 --> 00:20:27,190

currently prescribed by both unregulated

420

00:20:33,480 --> 00:20:30,060

and regulated health practitioners in

421

00:20:36,870 --> 00:20:33,490

Australia that is correct skeptics own

422

00:20:40,620 --> 00:20:36,880

listeners while I unpack the claims made

423

00:20:43,800 --> 00:20:40,630

by this day and the lack of evidence to

424

00:20:47,280 --> 00:20:43,810

support those claims and the potential

425

00:20:49,620 --> 00:20:47,290

for harm keep in mind that this diet is

426
00:20:52,080 --> 00:20:49,630
being prescribed by a small number of

427
00:20:54,780 --> 00:20:52,090
medical doctors and pharmacists in

428
00:20:58,560 --> 00:20:54,790
Australia so there's begin with the

429
00:21:02,880 --> 00:20:58,570
acronym HCG that stands for human

430
00:21:05,580 --> 00:21:02,890
chorionic gonadotropin hormone you might

431
00:21:08,910 --> 00:21:05,590
recognize this hormone as it is produced

432
00:21:12,660 --> 00:21:08,920
in large quantities during pregnancy to

433
00:21:15,300 --> 00:21:12,670
sustain a fetus pregnancy tests actually

434
00:21:16,240 --> 00:21:15,310
detect the presence of HCG because it is

435
00:21:20,320 --> 00:21:16,250
rarely produced

436
00:21:23,500 --> 00:21:20,330
by the body except in pregnancy those

437
00:21:26,160 --> 00:21:23,510
critical of the hcg diet described the

438
00:21:29,530 --> 00:21:26,170

proposed mechanism for weight loss as

439

00:21:32,920 --> 00:21:29,540

vague and without a sound scientific

440

00:21:35,520 --> 00:21:32,930

basis but from what I can gather the

441

00:21:37,960 --> 00:21:35,530

theory is that because hate CG is

442

00:21:42,130 --> 00:21:37,970

involved in the utilization of fat

443

00:21:45,160 --> 00:21:42,140

stores to support a pregnancy it will it

444

00:21:48,700 --> 00:21:45,170

is proposed that it will utilize the fat

445

00:21:51,340 --> 00:21:48,710

stores of non pregnant people to be used

446

00:21:54,310 --> 00:21:51,350

as energy when they follow a very low

447

00:21:55,710 --> 00:21:54,320

energy diet without the undesirable

448

00:21:59,130 --> 00:21:55,720

effects of hunger

449

00:22:03,070 --> 00:21:59,140

it is also proposed that the HCG diet

450

00:22:05,230 --> 00:22:03,080

induces a feeling of well-being the HCG

451
00:22:08,230 --> 00:22:05,240
diet was first described as a treatment

452
00:22:12,250 --> 00:22:08,240
for obesity by dr. Albert Theodor

453
00:22:15,310 --> 00:22:12,260
William Simmons in 1954 in his book

454
00:22:17,470 --> 00:22:15,320
titled pounds and inches and in an

455
00:22:20,680 --> 00:22:17,480
article published in The Lancet in the

456
00:22:25,080 --> 00:22:20,690
same year the simians method consists of

457
00:22:27,700 --> 00:22:25,090
a regime of 125 units of hate CG

458
00:22:30,210 --> 00:22:27,710
injected six days per week for eight

459
00:22:33,310 --> 00:22:30,220
weeks in combination with a rigid

460
00:22:36,310 --> 00:22:33,320
low-calorie diet of about 500 calories

461
00:22:38,350 --> 00:22:36,320
per day now for most people this would

462
00:22:42,040 --> 00:22:38,360
be around a quarter of their normal

463
00:22:45,730 --> 00:22:42,050

intake more modern versions of the diet

464

00:22:49,210 --> 00:22:45,740

offer HCG tablets or oral sprays have

465

00:22:52,990 --> 00:22:49,220

the endocrine some society states that

466

00:22:55,450 --> 00:22:53,000

HCG is broken down as food when taken by

467

00:22:57,660 --> 00:22:55,460

mouth and hay cge contained in drops and

468

00:23:00,190 --> 00:22:57,670

pills will have no effect on the body

469

00:23:02,680 --> 00:23:00,200

there are also many alternative health

470

00:23:05,490 --> 00:23:02,690

providers that offer homeopathic

471

00:23:08,140 --> 00:23:05,500

preparations of haitch CG supplements

472

00:23:10,810 --> 00:23:08,150

which will no more likely to be

473

00:23:12,910 --> 00:23:10,820

effective like all homeopathic

474

00:23:14,080 --> 00:23:12,920

preparations would have a reduced risk

475

00:23:18,100 --> 00:23:14,090

of side effects

476

00:23:20,920 --> 00:23:18,110

now HCG the HCG diet like many fed diets

477

00:23:22,930 --> 00:23:20,930

are cycled in and out of popularity over

478

00:23:25,450 --> 00:23:22,940

the last seven decades peaking in the

479

00:23:28,419 --> 00:23:25,460

1970s and then returning again in the

480

00:23:30,899 --> 00:23:28,429

early 2000s with dr. oz promoting the

481

00:23:34,210 --> 00:23:30,909

diet on his television show

482

00:23:36,399 --> 00:23:34,220

advocates claimed that the HCG diet

483

00:23:39,220 --> 00:23:36,409

achieves rapid and permanent weight loss

484

00:23:41,470 --> 00:23:39,230

as well as fat redistribution from

485

00:23:45,310 --> 00:23:41,480

stomach hips thighs and buttocks and of

486

00:23:48,519 --> 00:23:45,320

arms with minimal hunger those up via

487

00:23:51,460 --> 00:23:48,529

the HCG diet often report a high level

488

00:23:55,239 --> 00:23:51,470

of satisfaction with a diet initially

489

00:23:57,609 --> 00:23:55,249

however any weight loss is achieved due

490

00:24:00,759 --> 00:23:57,619

to the very low calorie diet as opposed

491

00:24:03,340 --> 00:24:00,769

to any action of the HCG and like all

492

00:24:05,139 --> 00:24:03,350

diets the weight is soon regained due to

493

00:24:08,979 --> 00:24:05,149

the body's normal physiological

494

00:24:12,149 --> 00:24:08,989

responses to weight loss since the

495

00:24:14,830 --> 00:24:12,159

simians initial research published in

496

00:24:16,720 --> 00:24:14,840

1954 there have been two published

497

00:24:19,810 --> 00:24:16,730

studies that have supported the use of

498

00:24:21,729 --> 00:24:19,820

the HCG diet supplement however these

499

00:24:24,310 --> 00:24:21,739

studies have been criticized for

500

00:24:28,649 --> 00:24:24,320

conflicts of interest inaccuracies and

501
00:24:30,759 --> 00:24:28,659
not being strictly double-blinded a 1995

502
00:24:33,879 --> 00:24:30,769
meta-analysis published in the british

503
00:24:36,549 --> 00:24:33,889
journal of clinical pharmacology found

504
00:24:39,489 --> 00:24:36,559
14 published investigations into the

505
00:24:43,509 --> 00:24:39,499
effects of the HCG weight loss

506
00:24:46,359 --> 00:24:43,519
supplements of which 12 found HCG

507
00:24:48,820 --> 00:24:46,369
provided no benefit reading from the

508
00:24:50,739 --> 00:24:48,830
conclusion of that meta-analysis we

509
00:24:53,460 --> 00:24:50,749
conclude that there is no scientific

510
00:24:56,200 --> 00:24:53,470
evidence that HCG causes weight loss a

511
00:24:58,680 --> 00:24:56,210
redistribution of that stays off hunger

512
00:25:01,509 --> 00:24:58,690
or induces a feeling of well-being

513
00:25:04,479 --> 00:25:01,519

therefore the use of HCG should be

514

00:25:07,029 --> 00:25:04,489

regarded as an inappropriate therapy for

515

00:25:09,340 --> 00:25:07,039

weight reduction it also goes on to say

516

00:25:12,070 --> 00:25:09,350

that restraints on physicians predict

517

00:25:15,580 --> 00:25:12,080

practicing this therapy can be based on

518

00:25:17,590 --> 00:25:15,590

our findings these findings have been

519

00:25:19,409 --> 00:25:17,600

supported by a position statement from

520

00:25:21,970 --> 00:25:19,419

the american society of bariatric

521

00:25:24,489 --> 00:25:21,980

physicians stating that numerous

522

00:25:26,950 --> 00:25:24,499

clinical trials have shown HCG to be

523

00:25:29,560 --> 00:25:26,960

ineffectual in producing weight loss and

524

00:25:32,739 --> 00:25:29,570

more recent reviews in the annuals of

525

00:25:35,139 --> 00:25:32,749

pharmacotherapy and even the Journal of

526

00:25:36,909 --> 00:25:35,149

dietary supplements a publication that

527

00:25:38,200 --> 00:25:36,919

you would imagine would be more inclined

528

00:25:40,299 --> 00:25:38,210

to publish articles that were

529

00:25:44,170 --> 00:25:40,309

sympathetic towards the effectiveness of

530

00:25:46,690 --> 00:25:44,180

diet supplements in fact

531

00:25:50,560 --> 00:25:46,700

the lack of evidence for the HCG diet

532

00:25:52,540 --> 00:25:50,570

was flagged as early as 1976 with the

533

00:25:55,210 --> 00:25:52,550

Food and Drug Administration requiring

534

00:25:58,720 --> 00:25:55,220

simians and others to include the

535

00:26:01,690 --> 00:25:58,730

following FDA mandated disclaimer on all

536

00:26:04,420 --> 00:26:01,700

advertisements weight reduction

537

00:26:07,240 --> 00:26:04,430

treatments include the injection of HCG

538

00:26:10,300 --> 00:26:07,250

a drug that has not been approved by the

539

00:26:11,740 --> 00:26:10,310

Food and Drugs Administration as safe

540

00:26:14,470 --> 00:26:11,750

and effective in the treatment of

541

00:26:17,080 --> 00:26:14,480

obesity or weight control there is no

542

00:26:19,390 --> 00:26:17,090

substantial evidence that HCG increases

543

00:26:23,410 --> 00:26:19,400

weight loss beyond that resulting from

544

00:26:25,900 --> 00:26:23,420

caloric restriction that it causes a

545

00:26:29,710 --> 00:26:25,910

more attractive or normal distribution

546

00:26:31,870 --> 00:26:29,720

of fat or that it decreases the hunger

547

00:26:34,150 --> 00:26:31,880

and discomfort associated with calorie

548

00:26:36,670 --> 00:26:34,160

restrictive diets so the question

549

00:26:39,430 --> 00:26:36,680

remains are there any potential harmful

550

00:26:42,700 --> 00:26:39,440

side effects of HCG used as a

551
00:26:45,190 --> 00:26:42,710
weight-loss supplement the thing is the

552
00:26:47,830 --> 00:26:45,200
use of HCG as a diet supplement is

553
00:26:49,330 --> 00:26:47,840
considered to be off-label so there is

554
00:26:53,110 --> 00:26:49,340
little in the way of research or

555
00:26:56,530 --> 00:26:53,120
monitoring of its safety but HCG is used

556
00:26:58,540 --> 00:26:56,540
in relatively higher doses in fertility

557
00:27:01,000 --> 00:26:58,550
treatments and the risks that are

558
00:27:04,500 --> 00:27:01,010
associated when described in higher

559
00:27:07,860 --> 00:27:04,510
doses include fluid retention anxiety

560
00:27:10,780 --> 00:27:07,870
adverse nervous system symptoms

561
00:27:13,920 --> 00:27:10,790
testicular tumors ovarian

562
00:27:17,880 --> 00:27:13,930
hyperstimulation a very an enlargement

563
00:27:21,790 --> 00:27:17,890

rupture of ovarian cysts multiple births

564

00:27:24,520 --> 00:27:21,800

elevated liver enzymes hypothyroidism

565

00:27:27,850 --> 00:27:24,530

and arterial thrombosis

566

00:27:30,940 --> 00:27:27,860

in rare cases to sum up it is clear that

567

00:27:33,130 --> 00:27:30,950

the HCG diet in no way represents

568

00:27:36,250 --> 00:27:33,140

evidence-based practice and there is

569

00:27:39,220 --> 00:27:36,260

also a potential for harm but the thing

570

00:27:41,980 --> 00:27:39,230

is skeptics own listeners your critical

571

00:27:45,160 --> 00:27:41,990

thinkers and informed consumers so you

572

00:27:47,130 --> 00:27:45,170

were probably never likely to fall for

573

00:27:50,620 --> 00:27:47,140

this weight-loss scam in the first place

574

00:27:54,100 --> 00:27:50,630

however many have and sometimes under

575

00:27:56,590 --> 00:27:54,110

the advice of their treating doctor so

576
00:27:58,000 --> 00:27:56,600
if you or someone you know is prescribed

577
00:28:00,280 --> 00:27:58,010
the HCG diet

578
00:28:02,470 --> 00:28:00,290
by a registered health professional I

579
00:28:04,780 --> 00:28:02,480
encourage you to report it to the

580
00:28:08,010 --> 00:28:04,790
healthcare complaints body in your state

581
00:28:10,690 --> 00:28:08,020
my own research for this report

582
00:28:13,750 --> 00:28:10,700
incidentally uncovered for upper

583
00:28:17,560 --> 00:28:13,760
registered general practitioners who are

584
00:28:20,950 --> 00:28:17,570
currently prescribing the HCG diet also

585
00:28:23,170 --> 00:28:20,960
keep in mind if the HCG diet is being

586
00:28:26,860 --> 00:28:23,180
prescribed to patients during a Medicare

587
00:28:29,700 --> 00:28:26,870
funded consultation our taxpayer funded

588
00:28:33,000 --> 00:28:29,710

health system is paying for it

589

00:28:36,010 --> 00:28:33,010

now finally skeptics own listeners

590

00:28:37,420 --> 00:28:36,020

before I end off today I trust that the

591

00:28:40,450 --> 00:28:37,430

majority of listeners have had a

592

00:28:41,620 --> 00:28:40,460

peaceful holiday however for those of

593

00:28:44,350 --> 00:28:41,630

you who have been affected by the

594

00:28:47,050 --> 00:28:44,360

bushfires in Australia my heart goes out

595

00:28:48,750 --> 00:28:47,060

to you and my deepest gratitude goes to

596

00:28:50,890 --> 00:28:48,760

the volunteers and community

597

00:28:53,680 --> 00:28:50,900

organizations that have been the true

598

00:28:56,920 --> 00:28:53,690

heroes while Australia has been gripped

599

00:28:59,260 --> 00:28:56,930

by this crisis so as always thank you

600

00:29:01,340 --> 00:28:59,270

for listening this has been mandelino

601
00:29:12,370 --> 00:29:01,350
the diet sceptic

602
00:29:12,380 --> 00:29:18,619
[Music]

603
00:29:24,330 --> 00:29:20,759
Oregonians for science and reason

604
00:29:27,989 --> 00:29:24,340
Portland present strange energies and

605
00:29:33,570 --> 00:29:27,999
even stranger devices an evening with

606
00:29:35,999 --> 00:29:33,580
Richard Saunders Monday the 20th of

607
00:29:40,019 --> 00:29:36,009
January 6 p.m. to 9 p.m.

608
00:29:44,359 --> 00:29:40,029
Alberta Street pub which is at 103 6

609
00:29:47,430 --> 00:29:44,369
Northeast Alberta Street Portland Oregon

610
00:29:49,680 --> 00:29:47,440
grab a beer or dinner and join fellow

611
00:29:54,529 --> 00:29:49,690
scientific sceptics for an evening with

612
00:30:01,139 --> 00:29:58,590
can mysterious new-age energies make

613
00:30:04,169 --> 00:30:01,149

your car run better rid your house of

614

00:30:06,419 --> 00:30:04,179

rising damp diagnose your illnesses

615

00:30:09,060 --> 00:30:06,429

improve your performance on the sporting

616

00:30:12,060 --> 00:30:09,070

field and even make your wine taste

617

00:30:15,269 --> 00:30:12,070

better saunas looks at claims being made

618

00:30:18,139 --> 00:30:15,279

in the name of energies unknown to

619

00:30:21,309 --> 00:30:20,089

now I have to read this bit because you

620

00:30:24,049 --> 00:30:21,319

know it's in the blurb about

621

00:30:25,939 --> 00:30:24,059

richardsaunders international expert on

622

00:30:28,459 --> 00:30:25,949

scientific skepticism Richard Saunders

623

00:30:31,639 --> 00:30:28,469

from Sydney Australia is the host of the

624

00:30:34,009 --> 00:30:31,649

weekly podcast the skeptic zone now in

625

00:30:35,989 --> 00:30:34,019

its 12th year he is a documentary

626
00:30:38,839 --> 00:30:35,999
filmmaker and one of the stars of the

627
00:30:41,179 --> 00:30:38,849
top-rated Australian paranormal TV show

628
00:30:43,879 --> 00:30:41,189
the one the search for Australia's most

629
00:30:44,539 --> 00:30:43,889
gifted psychic Oh under federal ever

630
00:30:46,999 --> 00:30:44,549
come back

631
00:30:50,359 --> 00:30:47,009
he's an origami expert and invented

632
00:30:52,309 --> 00:30:50,369
origami Pegasus for James Randi he is a

633
00:30:55,129 --> 00:30:52,319
life member of Australian skeptics Inc a

634
00:30:57,199 --> 00:30:55,139
center for skeptical inquiry CSI fellow

635
00:30:58,989 --> 00:30:57,209
and was part of the James Randi

636
00:31:03,729 --> 00:30:58,999
Educational Foundation

637
00:31:06,859 --> 00:31:03,739
\$1,000,000 prize committee that's

638
00:31:11,989 --> 00:31:06,869

strange energies and even stranger

639

00:31:14,779 --> 00:31:11,999

devices an evening with me Monday the

640

00:31:18,799 --> 00:31:14,789

20th of January Portland Oregon at the

641

00:31:23,970 --> 00:31:18,809

Alberta Street pub and I will add a link

642

00:31:48,710 --> 00:31:37,610

[Music]

643

00:31:50,150 --> 00:31:48,720

life is wild with Michelle Franklin

644

00:31:52,470 --> 00:31:50,160

[Music]

645

00:31:55,230 --> 00:31:52,480

there's something undeniably beautiful

646

00:31:58,110 --> 00:31:55,240

about a massive boulder perfectly

647

00:31:59,610 --> 00:31:58,120

balanced on top of a smaller one defying

648

00:32:01,590 --> 00:31:59,620

millions of years of weather

649

00:32:03,360 --> 00:32:01,600

seismic activity and who knows what

650

00:32:06,150 --> 00:32:03,370

human or animal activity that might have

651
00:32:07,770 --> 00:32:06,160
occurred in that time and in the

652
00:32:09,480 --> 00:32:07,780
tradition of the Royal Society for

653
00:32:17,880 --> 00:32:09,490
putting things on top of other things of

654
00:32:19,320 --> 00:32:17,890
course we like to copy this originally

655
00:32:21,780 --> 00:32:19,330
rock stacking was done to mark

656
00:32:24,630 --> 00:32:21,790
significant cultural sites or even just

657
00:32:26,280 --> 00:32:24,640
as markers to help with navigation these

658
00:32:28,410 --> 00:32:26,290
days it's pretty common to find small

659
00:32:30,060 --> 00:32:28,420
rock stacks marking trails or directing

660
00:32:32,520 --> 00:32:30,070
Walker's in areas where it's easy to

661
00:32:33,960 --> 00:32:32,530
become lost but you can't always trust

662
00:32:36,390 --> 00:32:33,970
the rocks that you find on your walk

663
00:32:38,220 --> 00:32:36,400

because we as a species have decided

664

00:32:41,520 --> 00:32:38,230

that putting rocks on top of other rocks

665

00:32:46,920 --> 00:32:41,530

is pretty so we need to do more of it

666

00:32:48,480 --> 00:32:46,930

wherever we can and I'm not denying the

667

00:32:51,180 --> 00:32:48,490

innate beauty of a stack of nicely

668

00:32:53,040 --> 00:32:51,190

rounded River stones defying gravity and

669

00:32:54,530 --> 00:32:53,050

standing tall against a background of

670

00:32:57,030 --> 00:32:54,540

ferns and waterfalls

671

00:32:59,310 --> 00:32:57,040

maybe it's the apparent magic of the

672

00:33:01,410 --> 00:32:59,320

site defying the laws of nature and

673

00:33:02,700 --> 00:33:01,420

persevering when logic and instinct

674

00:33:04,410 --> 00:33:02,710

tells you that the whole thing should

675

00:33:07,110 --> 00:33:04,420

topple into the river and return to

676
00:33:09,570 --> 00:33:07,120
chaos there is of course opposition to

677
00:33:11,460 --> 00:33:09,580
this activity and the defense that I've

678
00:33:14,090 --> 00:33:11,470
seen when people challenge it on social

679
00:33:16,800 --> 00:33:14,100
media is the classic what's the harm

680
00:33:17,370 --> 00:33:16,810
I'm not taking leaving or breaking

681
00:33:20,850 --> 00:33:17,380
anything

682
00:33:23,190 --> 00:33:20,860
I'm just moving a few rocks a bit so

683
00:33:25,560 --> 00:33:23,200
what is the harm what's the harm in

684
00:33:28,230 --> 00:33:25,570
moving five rocks making a pretty little

685
00:33:30,560 --> 00:33:28,240
Tower what's the harm in creating a

686
00:33:33,270 --> 00:33:30,570
little monument in a remote location

687
00:33:35,130 --> 00:33:33,280
what's the harm in marking this place to

688
00:33:38,010 --> 00:33:35,140

show everyone who comes after me that I

689

00:33:39,930 --> 00:33:38,020

got here first if you can put us

690

00:33:42,450 --> 00:33:39,940

the arrogance of wanting to claim a wild

691

00:33:46,200 --> 00:33:42,460

space for yourself try to imagine doing

692

00:33:48,270 --> 00:33:46,210

it you decide to go visit that ancient

693

00:33:50,520 --> 00:33:48,280

piece of nature in that remote location

694

00:33:52,860 --> 00:33:50,530

that giant boulder balanced on top of

695

00:33:55,530 --> 00:33:52,870

the smaller Boulder that's been there

696

00:33:57,570 --> 00:33:55,540

for millions of years and you make the

697

00:34:00,380 --> 00:33:57,580

difficult Trek planning to find this

698

00:34:03,960 --> 00:34:00,390

pristine piece of untouched beauty and

699

00:34:06,390 --> 00:34:03,970

build your little monument beside it and

700

00:34:09,060 --> 00:34:06,400

luckily thanks to modern GPS technology

701
00:34:10,919 --> 00:34:09,070
you know when to ignore the false trail

702
00:34:12,899 --> 00:34:10,929
markers that the previous walkers have

703
00:34:14,820 --> 00:34:12,909
left so you don't end up lost in the

704
00:34:16,889 --> 00:34:14,830
wilderness and you achieve your goal of

705
00:34:19,830 --> 00:34:16,899
reaching this remote and untouched piece

706
00:34:22,460 --> 00:34:19,840
of nature only to find 72 rock stacks

707
00:34:24,480 --> 00:34:22,470
piled up neatly at the base of the site

708
00:34:26,790 --> 00:34:24,490
some of them intricate and beautiful

709
00:34:29,100 --> 00:34:26,800
some of them falling down and returning

710
00:34:31,409 --> 00:34:29,110
into the ground and some where there was

711
00:34:33,300 --> 00:34:31,419
barely any effort at all and their only

712
00:34:35,040 --> 00:34:33,310
real purpose in existing is to make sure

713
00:34:37,169 --> 00:34:35,050

that you know that someone was here

714

00:34:38,930 --> 00:34:37,179

before you and marked this place and

715

00:34:41,040 --> 00:34:38,940

claimed the win for themselves

716

00:34:43,139 --> 00:34:41,050

okay fine there might be a bit dramatic

717

00:34:45,720 --> 00:34:43,149

but honestly when I go to a natural

718

00:34:48,149 --> 00:34:45,730

place the last thing I want to see is

719

00:34:50,250 --> 00:34:48,159

this modern supposedly eco-friendly

720

00:34:54,000 --> 00:34:50,260

version of graffiti saying I was here

721

00:34:55,710 --> 00:34:54,010

first so I'm not going to do that but

722

00:34:57,270 --> 00:34:55,720

say you really like the look of rocks on

723

00:34:59,340 --> 00:34:57,280

top of other rocks and you really want

724

00:35:01,680 --> 00:34:59,350

to take that once-in-a-lifetime photo

725

00:35:04,109 --> 00:35:01,690

when you get to some remote untouched

726

00:35:05,910 --> 00:35:04,119

place what if you do it and then

727

00:35:07,290 --> 00:35:05,920

afterwards you carefully replace all the

728

00:35:10,920 --> 00:35:07,300

rocks back where they used to be

729

00:35:13,590 --> 00:35:10,930

is that okay in some circumstances I

730

00:35:15,480 --> 00:35:13,600

might say yes especially if it truly is

731

00:35:17,280 --> 00:35:15,490

a remote place where you might be the

732

00:35:19,440 --> 00:35:17,290

only person there for several weeks or

733

00:35:20,910 --> 00:35:19,450

months it's possible that there's no

734

00:35:23,670 --> 00:35:20,920

harm in moving some rocks and then

735

00:35:25,890 --> 00:35:23,680

moving them back again but in many cases

736

00:35:27,330 --> 00:35:25,900

there are circumstances that mean that

737

00:35:30,690 --> 00:35:27,340

this activity would actually be quite

738

00:35:32,220 --> 00:35:30,700

harmful if visitor traffic's high or if

739

00:35:35,220 --> 00:35:32,230

the ecosystem is particularly vulnerable

740

00:35:36,900 --> 00:35:35,230

or if there's an endangered species with

741

00:35:38,970 --> 00:35:36,910

an incredibly small range which is

742

00:35:41,849 --> 00:35:38,980

dependent on that one little rocky

743

00:35:44,070 --> 00:35:41,859

outcrop in those circumstances the

744

00:35:46,740 --> 00:35:44,080

answer would most definitely be no and

745

00:35:48,480 --> 00:35:46,750

I'm certainly not going to pretend to

746

00:35:50,970 --> 00:35:48,490

know the difference between when it's

747

00:35:51,870 --> 00:35:50,980

okay and when it's not there's a lot of

748

00:35:53,670 --> 00:35:51,880

sacred sites

749

00:35:56,190 --> 00:35:53,680

the world where it's not okay to move

750

00:35:58,620 --> 00:35:56,200

rocks and not all of them are marked and

751

00:36:00,269 --> 00:35:58,630

advertised that one little rock might

752

00:36:02,670 --> 00:36:00,279

mean something really important to

753

00:36:05,099 --> 00:36:02,680

someone that one small Rock might not

754

00:36:08,609 --> 00:36:05,109

look like much to us but to an octopus

755

00:36:10,740 --> 00:36:08,619

or to a skink or to a baby yeah B or the

756

00:36:12,839 --> 00:36:10,750

microscopic algae that's chosen that one

757

00:36:15,359 --> 00:36:12,849

rock is its shelter it could be the

758

00:36:17,069 --> 00:36:15,369

difference between life and death to the

759

00:36:18,870 --> 00:36:17,079

gecko that's invested its entire

760

00:36:21,299 --> 00:36:18,880

breeding cycle in that one little

761

00:36:23,160 --> 00:36:21,309

microcosm of safety and it's laid its

762

00:36:24,960 --> 00:36:23,170

two precious little eggs under that one

763

00:36:27,269 --> 00:36:24,970

small rock it could be the difference

764

00:36:30,089 --> 00:36:27,279

between reproducing and disappearing

765

00:36:32,009 --> 00:36:30,099

from the system if you really want to

766

00:36:33,779 --> 00:36:32,019

know the effects of rock stacking you

767

00:36:36,089 --> 00:36:33,789

can just google the practice there's

768

00:36:37,769 --> 00:36:36,099

endless examples of animals and

769

00:36:40,019 --> 00:36:37,779

ecosystems that are being adversely

770

00:36:41,490 --> 00:36:40,029

impacted but you don't really need to

771

00:36:44,249 --> 00:36:41,500

know the specific impacts because

772

00:36:46,920 --> 00:36:44,259

there's too many variables for any one

773

00:36:49,249 --> 00:36:46,930

person to understand all of it it's

774

00:36:51,749 --> 00:36:49,259

better to think of it at a broader scale

775

00:36:53,670 --> 00:36:51,759

don't think of the individual animals

776

00:36:55,019 --> 00:36:53,680

who are losing their homes or being

777

00:36:57,569 --> 00:36:55,029

stressed out from the frequent

778

00:37:00,329 --> 00:36:57,579

intrusions into their safe spaces think

779

00:37:02,069 --> 00:37:00,339

of the whole ecosystem the impact at

780

00:37:04,559 --> 00:37:02,079

this level are there in all situations

781

00:37:06,420 --> 00:37:04,569

but it's a lot easier to visualize if

782

00:37:10,259 --> 00:37:06,430

you consider the situation in a

783

00:37:12,210 --> 00:37:10,269

slow-moving Rocky Creek we've all seen

784

00:37:14,339 --> 00:37:12,220

the photos of the smooth river stones

785

00:37:17,430 --> 00:37:14,349

carefully selected from the creek beds

786

00:37:20,640 --> 00:37:17,440

lifted and stacked some of the rock

787

00:37:22,230 --> 00:37:20,650

stacks are truly beautiful too but the

788

00:37:25,230 --> 00:37:22,240

beauty as beautiful as these works of

789

00:37:27,839 --> 00:37:25,240

art are they're constructed of rocks and

790

00:37:30,930 --> 00:37:27,849

other obstacles which serve an important

791

00:37:33,660 --> 00:37:30,940

purpose in the water where they create

792

00:37:36,480 --> 00:37:33,670

tiny micro habitats of still water where

793

00:37:37,950 --> 00:37:36,490

life's able to hold on not just an

794

00:37:40,349 --> 00:37:37,960

individual fish that could swim to

795

00:37:42,269 --> 00:37:40,359

another rock if there's any left but all

796

00:37:45,390 --> 00:37:42,279

sorts of animals and other life forms

797

00:37:47,700 --> 00:37:45,400

some of them too small to see use these

798

00:37:49,769 --> 00:37:47,710

rocks as nurseries to protect their

799

00:37:53,339 --> 00:37:49,779

vulnerable young and this has an

800

00:37:55,589 --> 00:37:53,349

incredible knock-on effect imagine one

801
00:37:57,690 --> 00:37:55,599
section of a stream that is accessible

802
00:37:59,759 --> 00:37:57,700
to humans so the rocks all get

803
00:38:02,400 --> 00:37:59,769
periodically stacked photographed and

804
00:38:04,829 --> 00:38:02,410
perhaps even returned it might look

805
00:38:05,700 --> 00:38:04,839
pristine and untouched but underneath

806
00:38:07,470 --> 00:38:05,710
those rocks

807
00:38:09,120 --> 00:38:07,480
there's fewer eggs for the next

808
00:38:12,480 --> 00:38:09,130
generation of fish there's fewer

809
00:38:15,570 --> 00:38:12,490
tadpoles sheltering beside them in the

810
00:38:17,640 --> 00:38:15,580
next generation of frogs and less food

811
00:38:20,010 --> 00:38:17,650
to support pioneer species that are

812
00:38:22,829 --> 00:38:20,020
attempting to recolonize this disturbed

813
00:38:25,440 --> 00:38:22,839

habitat birds stopped visiting frogs

814

00:38:27,390 --> 00:38:25,450

stop breeding and animals are

815

00:38:29,099 --> 00:38:27,400

essentially driven out of the area and

816

00:38:30,870 --> 00:38:29,109

it becomes an empty space where life

817

00:38:33,140 --> 00:38:30,880

doesn't reestablish because the

818

00:38:35,940 --> 00:38:33,150

footholds keep getting shifted about

819

00:38:39,150 --> 00:38:35,950

then imagine this practice continues for

820

00:38:42,390 --> 00:38:39,160

three or four years every week say ten

821

00:38:44,790 --> 00:38:42,400

people shift five rocks each and some of

822

00:38:46,020 --> 00:38:44,800

them carefully replace them again only

823

00:38:48,450 --> 00:38:46,030

they figure it doesn't really matter

824

00:38:51,210 --> 00:38:48,460

exactly where each rock sits as long as

825

00:38:52,800 --> 00:38:51,220

it's somewhere there so over time the

826

00:38:55,230 --> 00:38:52,810

rocks that were originally sitting on

827

00:38:56,910 --> 00:38:55,240

the banks or around the shallow bins get

828

00:39:01,410 --> 00:38:56,920

slowly shifted to the middle of the

829

00:39:03,390 --> 00:39:01,420

stream with the rest of them that's 50

830

00:39:06,240 --> 00:39:03,400

rocks being lifted and then chucked back

831

00:39:08,400 --> 00:39:06,250

into the water with the subsequent 50 or

832

00:39:10,020 --> 00:39:08,410

so half cups of sand and silk being

833

00:39:12,750 --> 00:39:10,030

disturbed each time and washed

834

00:39:15,329 --> 00:39:12,760

downstream over time the flow of the

835

00:39:17,460 --> 00:39:15,339

stream changes the edges begin to erode

836

00:39:20,040 --> 00:39:17,470

away the stream becomes deeper and

837

00:39:21,599 --> 00:39:20,050

faster moving access is impacted so

838

00:39:23,940 --> 00:39:21,609

small animals have to find some other

839

00:39:26,160 --> 00:39:23,950

place to come to the water and pioneer

840

00:39:29,099 --> 00:39:26,170

plant species that are trying to take

841

00:39:31,380 --> 00:39:29,109

root never establish as this is

842

00:39:32,820 --> 00:39:31,390

happening people continue to lift their

843

00:39:34,530 --> 00:39:32,830

couple of rocks each and take their

844

00:39:37,440 --> 00:39:34,540

photos and then chuck the rocks back in

845

00:39:39,390 --> 00:39:37,450

the water so that over time the fast

846

00:39:42,089 --> 00:39:39,400

flowing stream loses its layer of

847

00:39:43,710 --> 00:39:42,099

organic material or the soft sand washes

848

00:39:46,109 --> 00:39:43,720

away and you're left with a deep

849

00:39:47,970 --> 00:39:46,119

fast-moving stream with none of the

850

00:39:50,790 --> 00:39:47,980

original life that had been dependent on

851
00:39:53,480 --> 00:39:50,800
the slow-moving shallow Rocky Creek this

852
00:39:56,880 --> 00:39:53,490
is a habitat transforming disturbance

853
00:40:00,060 --> 00:39:56,890
then consider what happens if we decide

854
00:40:01,770 --> 00:40:00,070
that the fast-moving deep streams are no

855
00:40:04,380 --> 00:40:01,780
fun for splashing about in and

856
00:40:06,570 --> 00:40:04,390
collecting rocks so we move downstream

857
00:40:09,960 --> 00:40:06,580
to the next slow-moving shallow rocky

858
00:40:11,760 --> 00:40:09,970
portion of the creek and then a few

859
00:40:13,829 --> 00:40:11,770
years later after we've converted that

860
00:40:16,140 --> 00:40:13,839
one too we just move on to the next one

861
00:40:19,059 --> 00:40:16,150
this seems to be the way that we behave

862
00:40:20,620 --> 00:40:19,069
as a species the individual person

863
00:40:22,989 --> 00:40:20,630

gives an area similar to how they found

864

00:40:25,809 --> 00:40:22,999

it but over time the collective impact

865

00:40:29,199 --> 00:40:25,819

of many people is that the area is

866

00:40:31,839 --> 00:40:29,209

changed in small steps we disturb an

867

00:40:34,059 --> 00:40:31,849

area to the point where it's not what we

868

00:40:35,890 --> 00:40:34,069

came there for so we push a little bit

869

00:40:38,079 --> 00:40:35,900

further and further into the natural

870

00:40:39,969 --> 00:40:38,089

spaces to try and find that last

871

00:40:43,390 --> 00:40:39,979

remaining untouched piece of wilderness

872

00:40:45,339 --> 00:40:43,400

and I'm not claiming innocence in this I

873

00:40:47,199 --> 00:40:45,349

love to go that little bit further and

874

00:40:49,079 --> 00:40:47,209

find places where I can feel like I'm

875

00:40:52,299 --> 00:40:49,089

the only person who's ever been there

876

00:40:54,819 --> 00:40:52,309

it's okay to explore but please remember

877

00:40:57,549 --> 00:40:54,829

that if you're doing it so is everybody

878

00:41:00,339 --> 00:40:57,559

else and while it may not make any

879

00:41:03,939 --> 00:41:00,349

difference if if I personally shift five

880

00:41:06,339 --> 00:41:03,949

or ten rocks I'm not confident enough to

881

00:41:08,559 --> 00:41:06,349

make that call I don't understand the

882

00:41:10,599 --> 00:41:08,569

intricacies of that specific place so

883

00:41:12,609 --> 00:41:10,609

well as to know that my actions aren't

884

00:41:14,650 --> 00:41:12,619

going to have a significant effect on

885

00:41:19,680 --> 00:41:14,660

the survival of an endangered insect or

886

00:41:22,630 --> 00:41:19,690

some rare species of fungi I don't have

887

00:41:24,430 --> 00:41:22,640

that kind of expertise and I suspect

888

00:41:27,459 --> 00:41:24,440

that if we're being really honest I

889

00:41:28,689 --> 00:41:27,469

don't think anyone would be able to say

890

00:41:31,930 --> 00:41:28,699

that they know for sure what the

891

00:41:33,910 --> 00:41:31,940

outcomes if their actions will be so my

892

00:41:35,979 --> 00:41:33,920

response would be to err on the side of

893

00:41:36,819 --> 00:41:35,989

assuming that all my actions have

894

00:41:38,920 --> 00:41:36,829

consequences

895

00:41:42,069 --> 00:41:38,930

and I'm gonna try to minimize the

896

00:41:44,739 --> 00:41:42,079

impacts as much as possible you don't

897

00:41:47,170 --> 00:41:44,749

need to mark your presence and leave

898

00:41:49,150 --> 00:41:47,180

your claim behind you don't need to

899

00:41:51,910 --> 00:41:49,160

change a wild space to make it better

900

00:41:54,549 --> 00:41:51,920

just take a photo of it as it is and

901
00:41:56,739 --> 00:41:54,559
leave it how you found it so that the

902
00:41:58,420 --> 00:41:56,749
next person can do the same thing and

903
00:42:00,489 --> 00:41:58,430
get the same satisfaction that you did

904
00:42:02,799 --> 00:42:00,499
without having to move past the

905
00:42:05,019 --> 00:42:02,809
disturbed space to find that next bit of

906
00:42:06,820 --> 00:42:05,029
untouched wilderness beyond and start

907
00:42:18,109 --> 00:42:06,830
impacting on that too

908
00:42:20,670 --> 00:42:18,119
[Music]

909
00:42:24,410 --> 00:42:20,680
now here's some news from our friends at

910
00:42:27,870 --> 00:42:24,420
the epic skeptics skeptics cafe on

911
00:42:31,799 --> 00:42:27,880
Monday the 20th of January the skeptics

912
00:42:34,440 --> 00:42:31,809
cafe present framing the capricious the

913
00:42:39,420 --> 00:42:34,450

build responds to infectious diseases in

914

00:42:41,490 --> 00:42:39,430

Victoria between 1850 and 1950 care

915

00:42:44,250 --> 00:42:41,500

indoors is a registered nurse with a

916

00:42:46,559 --> 00:42:44,260

background in cardiac education research

917

00:42:48,440 --> 00:42:46,569

and practice outside of work one of her

918

00:42:50,370 --> 00:42:48,450

diversions is architectural history

919

00:42:53,490 --> 00:42:50,380

professionally one of Karen's main

920

00:42:55,859 --> 00:42:53,500

interests is around factors influencing

921

00:42:58,859 --> 00:42:55,869

practice these seemingly disparate

922

00:43:00,720 --> 00:42:58,869

elements have converged in a PhD

923

00:43:02,400 --> 00:43:00,730

candidate er in the Faculty of

924

00:43:05,660 --> 00:43:02,410

architecture at the University of

925

00:43:08,430 --> 00:43:05,670

Melbourne titled framing the capricious

926
00:43:12,059 --> 00:43:08,440
the build responds to infectious

927
00:43:16,410 --> 00:43:12,069
diseases in Victoria between 1850 and

928
00:43:18,440 --> 00:43:16,420
1950 the study reveals multiple and

929
00:43:21,539 --> 00:43:18,450
sometimes conflicting political

930
00:43:24,150 --> 00:43:21,549
scientific and social influences on the

931
00:43:26,430 --> 00:43:24,160
number and type of buildings provided

932
00:43:28,400 --> 00:43:26,440
and some interesting differences in

933
00:43:31,380 --> 00:43:28,410
management strategies for certain

934
00:43:33,809 --> 00:43:31,390
infectious diseases these revelations

935
00:43:37,799 --> 00:43:33,819
resonate within the contemporary

936
00:43:40,609 --> 00:43:37,809
practice setting in general and in ideas

937
00:43:43,470 --> 00:43:40,619
about infectious diseases in particular

938
00:43:46,950 --> 00:43:43,480

always a fascinating night at the

939

00:43:50,760 --> 00:43:46,960

skeptics cafe and that is at the Dan

940

00:43:53,789 --> 00:43:50,770

O'Connell hotel 225 canning Street

941

00:43:58,900 --> 00:43:53,799

Carleton for more information just look

942

00:43:58,910 --> 00:44:07,380

[Music]

943

00:44:15,480 --> 00:44:12,370

here's Maynard spooky action at a

944

00:44:20,350 --> 00:44:18,040

if I want to ask you now Steve when you

945

00:44:22,330 --> 00:44:20,360

do these things you or you go get farmed

946

00:44:24,460 --> 00:44:22,340

out to different tables right what is

947

00:44:26,109 --> 00:44:24,470

the one thing that listeners either want

948

00:44:27,670 --> 00:44:26,119

to know about the people from skeptics

949

00:44:29,440 --> 00:44:27,680

guide or is there one episode or

950

00:44:30,820 --> 00:44:29,450

something you did that they go well what

951
00:44:33,640 --> 00:44:30,830
was that all about is there a typical

952
00:44:35,560 --> 00:44:33,650
question you get from fans they always

953
00:44:37,090 --> 00:44:35,570
ask me how I do as much work as I do

954
00:44:38,500 --> 00:44:37,100
like I get that question every single

955
00:44:40,690 --> 00:44:38,510
time I'm at a conference

956
00:44:42,040 --> 00:44:40,700
yeah you've actually got a career and

957
00:44:44,100 --> 00:44:42,050
you do all this editing and everything

958
00:44:46,630 --> 00:44:44,110
so well how the hell do you do it

959
00:44:48,010 --> 00:44:46,640
it's nothing magic to it there's certain

960
00:44:50,710 --> 00:44:48,020
certain number of hours in a week and I

961
00:44:53,050 --> 00:44:50,720
work you know [h__h] it's actually not

962
00:44:54,790 --> 00:44:53,060
uncommon for academics to work 70 or 80

963
00:44:56,080 --> 00:44:54,800

hours a week if you can combine all of

964

00:44:58,030 --> 00:44:56,090

the stuff that they do do you actually

965

00:44:59,650 --> 00:44:58,040

have a mocked out schedule for yourself

966

00:45:01,720 --> 00:44:59,660

okay I'm gonna study for this period of

967

00:45:04,000 --> 00:45:01,730

time this set yeah yeah absolutely

968

00:45:05,380 --> 00:45:04,010

is that fixed or is it pretty flexible I

969

00:45:08,770 --> 00:45:05,390

mean it's all my own time so it's

970

00:45:11,470 --> 00:45:08,780

flexible but I there's like I know when

971

00:45:17,170 --> 00:45:11,480

I'm doing certain work for the show and

972

00:45:19,480 --> 00:45:17,180

I also like I know I have to finish my

973

00:45:22,270 --> 00:45:19,490

certain work at a certain time table

974

00:45:24,849 --> 00:45:22,280

it's like I'll say okay I won't you know

975

00:45:26,170 --> 00:45:24,859

do any recreation until I've gotten this

976
00:45:28,060 --> 00:45:26,180
much done because otherwise I'm not

977
00:45:29,230 --> 00:45:28,070
gonna have time to do it so just a

978
00:45:30,580 --> 00:45:29,240
little bit of discipline there's there's

979
00:45:32,440 --> 00:45:30,590
a plenty of hours in the week to do a

980
00:45:33,820 --> 00:45:32,450
lot more work than people think I'd like

981
00:45:35,470 --> 00:45:33,830
to congratulate you on an essay you're

982
00:45:37,390 --> 00:45:35,480
at a long time ago about how to argue

983
00:45:39,760 --> 00:45:37,400
that's great that is really good yeah

984
00:45:41,200 --> 00:45:39,770
yeah that's a fun one okay and actually

985
00:45:42,490 --> 00:45:41,210
what were you just asking to do about

986
00:45:44,680 --> 00:45:42,500
there you obviously had a question

987
00:45:47,260 --> 00:45:44,690
talking about yeah they'll serves in

988
00:45:49,450 --> 00:45:47,270

Australia and how we have we have medico

989

00:45:53,109 --> 00:45:49,460

for all but we also have a private

990

00:45:57,250 --> 00:45:53,119

option but it doesn't require any checks

991

00:45:59,190 --> 00:45:57,260

of our previous medical conditions or as

992

00:46:01,690 --> 00:45:59,200

like in America you can get you can get

993

00:46:02,859 --> 00:46:01,700

prevented from going on to the private

994

00:46:05,800 --> 00:46:02,869

health insurance because of pre-existing

995

00:46:07,300 --> 00:46:05,810

health yeah as a physician had how would

996

00:46:08,890 --> 00:46:07,310

you feel if we had a Medicare style

997

00:46:10,599 --> 00:46:08,900

thing in the u.s. would that be a good

998

00:46:13,030 --> 00:46:10,609

thing or not so I think we need to get

999

00:46:14,740 --> 00:46:13,040

to universal health coverage I don't

1000

00:46:16,870 --> 00:46:14,750

think we can go straight to a hundred

1001
00:46:18,240 --> 00:46:16,880
percent government program because it's

1002
00:46:20,220 --> 00:46:18,250
too

1003
00:46:22,109 --> 00:46:20,230
radically change for our system need to

1004
00:46:23,490 --> 00:46:22,119
do stage of people suspicious of the

1005
00:46:25,620 --> 00:46:23,500
government having that kind of control

1006
00:46:28,920 --> 00:46:25,630
and powers that it it's not the power

1007
00:46:31,560 --> 00:46:28,930
it's the bureaucracy right it's just

1008
00:46:34,050 --> 00:46:31,570
that could they pull it off like when

1009
00:46:35,790 --> 00:46:34,060
they rolled out Obamacare it was a bit

1010
00:46:36,390 --> 00:46:35,800
of a disaster the website didn't work

1011
00:46:39,060 --> 00:46:36,400
you know

1012
00:46:40,320 --> 00:46:39,070
now imagine that times 100 are they

1013
00:46:42,330 --> 00:46:40,330

going to pull it off I think most

1014

00:46:44,700 --> 00:46:42,340

Americans are rightly sceptical of their

1015

00:46:47,280 --> 00:46:44,710

ability to just suddenly take control of

1016

00:46:51,180 --> 00:46:47,290

20% of our economy and without a hitch

1017

00:46:54,030 --> 00:46:51,190

yeah so I mean everyone agrees we need

1018

00:46:56,400 --> 00:46:54,040

universal health coverage I think we

1019

00:46:58,260 --> 00:46:56,410

should get there in stages to make sure

1020

00:47:00,980 --> 00:46:58,270

that the system doesn't collapse while

1021

00:47:02,970 --> 00:47:00,990

we're trying to do a radical change and

1022

00:47:05,040 --> 00:47:02,980

what did you think about Mary Ann

1023

00:47:07,140 --> 00:47:05,050

Williams is a Democratic candidate there

1024

00:47:08,160 --> 00:47:07,150

she was a bit foolish I thought yeah the

1025

00:47:09,810 --> 00:47:08,170

skeptics would have had a bit of fun

1026
00:47:13,260 --> 00:47:09,820
with that yeah I know she was like

1027
00:47:14,760 --> 00:47:13,270
loving light love yeah I'm glad she kind

1028
00:47:16,200 --> 00:47:14,770
of faded into the background I mean she

1029
00:47:17,460 --> 00:47:16,210
was a bit of an embarrassment to be

1030
00:47:18,810 --> 00:47:17,470
honest with you do you think you got a

1031
00:47:22,400 --> 00:47:18,820
Democrat that can beat Trump at the

1032
00:47:24,839 --> 00:47:22,410
moment I think most of them probably can

1033
00:47:27,420 --> 00:47:24,849
we won't know until they go head-to-head

1034
00:47:28,770 --> 00:47:27,430
in the general like now until it's a

1035
00:47:30,300 --> 00:47:28,780
binary choice you don't really know

1036
00:47:32,940 --> 00:47:30,310
what's going to happen and we have to

1037
00:47:35,160 --> 00:47:32,950
see how the Republicans attack the

1038
00:47:37,410 --> 00:47:35,170

Democratic candidate and how effective

1039

00:47:40,560 --> 00:47:37,420

they are pushing back so we're you know

1040

00:47:43,140 --> 00:47:40,570

I think you know at least half the

1041

00:47:44,880 --> 00:47:43,150

country is pretty hopeful that that will

1042

00:47:46,400 --> 00:47:44,890

happen it will be three million more

1043

00:47:48,710 --> 00:47:46,410

than actually voted for the other guy

1044

00:47:49,849 --> 00:47:48,720

hopefull yeah look thank you very much

1045

00:47:51,200 --> 00:47:49,859

for your time I'll let you guys get back

1046

00:47:56,870 --> 00:47:51,210

to it are you getting that universal

1047

00:47:58,760 --> 00:47:56,880

healthcare argument you are having just

1048

00:48:00,020 --> 00:47:58,770

happen to have a habitat chat to Steve

1049

00:48:01,460 --> 00:48:00,030

because all you get farmed out to

1050

00:48:03,980 --> 00:48:01,470

different tables so you get to meet

1051

00:48:05,990 --> 00:48:03,990

everybody like I asked him what is the

1052

00:48:07,520 --> 00:48:06,000

one thing people always ask you or they

1053

00:48:09,200 --> 00:48:07,530

want to know or there's an episode

1054

00:48:10,609 --> 00:48:09,210

what's the thing people always want to

1055

00:48:13,490 --> 00:48:10,619

know when they get you one-on-one about

1056

00:48:15,170 --> 00:48:13,500

the show about the show I mean I think

1057

00:48:17,420 --> 00:48:15,180

they want to know what it's like to make

1058

00:48:19,760 --> 00:48:17,430

the sausage you know like what's it like

1059

00:48:20,960 --> 00:48:19,770

working behind the scenes and I usually

1060

00:48:23,690 --> 00:48:20,970

end up telling them something funny

1061

00:48:26,240 --> 00:48:23,700

about Steve but yes because I know Steve

1062

00:48:28,039 --> 00:48:26,250

as a human not as you know the head of

1063

00:48:29,870 --> 00:48:28,049

the edge to you so Steve's my brother

1064

00:48:30,950 --> 00:48:29,880

and he's like yeah he's an [h__h] you

1065

00:48:33,799 --> 00:48:30,960

know what I mean he's my brother

1066

00:48:35,599 --> 00:48:33,809

you felt like so we we fight we get no

1067

00:48:36,740 --> 00:48:35,609

arguments you know we disagree on a lot

1068

00:48:38,990 --> 00:48:36,750

of stuff we have totally different

1069

00:48:41,329 --> 00:48:39,000

tastes but at the end of the day you

1070

00:48:42,890 --> 00:48:41,339

know we our mission is exactly in sync

1071

00:48:44,630 --> 00:48:42,900

and we love and respect each other

1072

00:48:45,859 --> 00:48:44,640

it's gonna say this is Steve but because

1073

00:48:48,319 --> 00:48:45,869

he looks a bit straight or sad to you

1074

00:48:50,150 --> 00:48:48,329

your parents your father they had

1075

00:48:51,620 --> 00:48:50,160

something magic going on with the way

1076

00:48:53,000 --> 00:48:51,630

they've grown your boys up and the way

1077

00:48:54,500 --> 00:48:53,010

they showed ya there's something about I

1078

00:48:54,769 --> 00:48:54,510

don't know much about your background at

1079

00:48:56,000 --> 00:48:54,779

all

1080

00:48:59,089 --> 00:48:56,010

but something went on in that family

1081

00:49:00,500 --> 00:48:59,099

that just clicked I my mom did this

1082

00:49:03,890 --> 00:49:00,510

thing I think we said it before on the

1083

00:49:06,109 --> 00:49:03,900

show she had a word of the week she had

1084

00:49:07,730 --> 00:49:06,119

a little marquee and she would hand put

1085

00:49:09,710 --> 00:49:07,740

it in there and like so there was all

1086

00:49:10,579 --> 00:49:09,720

that learning was a part of just what we

1087

00:49:11,809 --> 00:49:10,589

did in the house

1088

00:49:13,250 --> 00:49:11,819

they kind of come home and they'd be a

1089

00:49:14,750 --> 00:49:13,260

would they're gonna be your job to find

1090

00:49:16,430 --> 00:49:14,760

out what I meant yeah so she would you

1091

00:49:18,529 --> 00:49:16,440

know she she would talk to us about it

1092

00:49:20,029 --> 00:49:18,539

and you know we'd encourage us to use it

1093

00:49:22,880 --> 00:49:20,039

and she'd be saying it and everything

1094

00:49:23,900 --> 00:49:22,890

but that was like just a little sample

1095

00:49:25,279 --> 00:49:23,910

of all the different things that we

1096

00:49:27,380 --> 00:49:25,289

would do we would always be doing like

1097

00:49:30,440 --> 00:49:27,390

puzzles and things like that so there

1098

00:49:32,539 --> 00:49:30,450

was a lot of hands-on stuff like doing

1099

00:49:33,710 --> 00:49:32,549

doing things as a family and my dad I

1100

00:49:35,390 --> 00:49:33,720

mean from the very beginning that's

1101

00:49:37,039 --> 00:49:35,400

where science fiction came from with all

1102

00:49:38,900 --> 00:49:37,049

of us I mean he's the reason why we love

1103

00:49:40,519 --> 00:49:38,910

science so much but he did the right

1104

00:49:42,289 --> 00:49:40,529

thing and he started as I started us off

1105

00:49:44,180 --> 00:49:42,299

with science fiction do you remember

1106

00:49:47,480 --> 00:49:44,190

what the show walls was the Twilight

1107

00:49:49,309 --> 00:49:47,490

Zone Trek completed so so there's a few

1108

00:49:50,599 --> 00:49:49,319

things I mean as much as this sounds

1109

00:49:52,849 --> 00:49:50,609

like it's not the right answer but

1110

00:49:54,799 --> 00:49:52,859

remember the show in search of which is

1111

00:49:57,049 --> 00:49:54,809

complete bad it was horrible but we

1112

00:49:59,420 --> 00:49:57,059

would watch and talk about it and we

1113

00:50:01,670 --> 00:49:59,430

would watch Star Trek all the time but

1114

00:50:03,760 --> 00:50:01,680

we like we would watch lost in space but

1115

00:50:07,310 --> 00:50:03,770

the one that goes all the way back is

1116

00:50:09,200 --> 00:50:07,320

not reveal oh hang on so your skepticism

1117

00:50:11,090 --> 00:50:09,210

is due to Leslie Nelson

1118

00:50:13,850 --> 00:50:11,100

I mean you can't believe like we watched

1119

00:50:15,200 --> 00:50:13,860

that movie like the first time he showed

1120

00:50:16,640 --> 00:50:15,210

it to us my brothers and I ended up

1121

00:50:19,820 --> 00:50:16,650

watching it like three times in a row

1122

00:50:21,320 --> 00:50:19,830

and then we talked about like going into

1123

00:50:23,390 --> 00:50:21,330

detail about what was going on behind

1124

00:50:25,310 --> 00:50:23,400

the scenes so there's always a intense

1125

00:50:27,110 --> 00:50:25,320

conversation and then sitting around the

1126

00:50:29,120 --> 00:50:27,120

dinner table like we would have these

1127

00:50:31,190 --> 00:50:29,130

two our conversations with each other we

1128

00:50:33,500 --> 00:50:31,200

get into you know politics and science

1129

00:50:35,240 --> 00:50:33,510

topics and everything so my parents set

1130

00:50:37,640 --> 00:50:35,250

the tone for all that conversation and

1131

00:50:38,990 --> 00:50:37,650

the show is that conversation that's

1132

00:50:41,300 --> 00:50:39,000

that's not getting ready to do that

1133

00:50:42,500 --> 00:50:41,310

module kids I'm already doing it we have

1134

00:50:43,970 --> 00:50:42,510

this thing that we do now I mean they're

1135

00:50:45,920 --> 00:50:43,980

young I have a six year old and a four

1136

00:50:47,180 --> 00:50:45,930

year old so we do that what was the best

1137

00:50:48,830 --> 00:50:47,190

thing that happened to you and the worst

1138

00:50:50,210 --> 00:50:48,840

thing that happened to you today and

1139

00:50:51,950 --> 00:50:50,220

then you know you don't just get off by

1140

00:50:53,270 --> 00:50:51,960

saying oh I liked school it's like well

1141

00:50:55,040 --> 00:50:53,280

what happened what was so good about it

1142

00:50:56,150 --> 00:50:55,050

whoo you know we want the details I make

1143

00:50:57,500 --> 00:50:56,160

them kind of dig it even my

1144

00:50:59,480 --> 00:50:57,510

four-year-old like even if she's home

1145

00:51:00,920 --> 00:50:59,490

all day we make her like talk what

1146

00:51:02,510 --> 00:51:00,930

puzzle did you like to do why did you

1147

00:51:04,630 --> 00:51:02,520

like it what happened so we make them

1148

00:51:07,040 --> 00:51:04,640

talk and sink and get the gears turning

1149

00:51:08,150 --> 00:51:07,050

yeah okay parents you've been told

1150

00:51:09,650 --> 00:51:08,160

that's how you do it

1151

00:51:13,960 --> 00:51:09,660

that's how you get a skip nice car to

1152

00:51:17,750 --> 00:51:16,250

I'm telling me Clara here and what the

1153

00:51:20,330 --> 00:51:17,760

Lauer loves a bit of magic don't you

1154

00:51:22,280 --> 00:51:20,340

absolutely do you like being mystified

1155

00:51:26,480 --> 00:51:22,290

also just drive you crazy that you can't

1156

00:51:29,540 --> 00:51:26,490

work Heather stuff happens I think I

1157

00:51:32,090 --> 00:51:29,550

like to at least have a gist of what's

1158

00:51:35,090 --> 00:51:32,100

going on I like to even if I don't know

1159

00:51:38,270 --> 00:51:35,100

the exact details to know that you know

1160

00:51:39,620 --> 00:51:38,280

oh they obviously for speak to that

1161

00:51:42,110 --> 00:51:39,630

particular page or that particular

1162

00:51:44,390 --> 00:51:42,120

person even though I don't know the

1163

00:51:46,190 --> 00:51:44,400

exact details of how they do it I like

1164

00:51:48,140 --> 00:51:46,200

the sort of mental problem of trying to

1165

00:51:50,330 --> 00:51:48,150

work it out but it's it's all in the

1166

00:51:52,040 --> 00:51:50,340

presentation and if they're very good at

1167

00:51:54,230 --> 00:51:52,050

presenting it and it looks excellent and

1168

00:51:55,700 --> 00:51:54,240

smooth then it's just amazing like if

1169

00:51:57,740 --> 00:51:55,710

you've got a type of trick you like like

1170

00:51:59,960 --> 00:51:57,750

a big special one like the bullet catch

1171

00:52:01,280 --> 00:51:59,970

or small close-up magic with the cards

1172

00:52:03,170 --> 00:52:01,290

where you can see the person do it what

1173

00:52:04,880 --> 00:52:03,180

are you prefer the small close-up image

1174

00:52:06,620 --> 00:52:04,890

with their fingers where it's just it's

1175

00:52:08,690 --> 00:52:06,630

so fast and you know that they've had to

1176
00:52:11,510 --> 00:52:08,700
put in hours and hours and hours of

1177
00:52:13,040 --> 00:52:11,520
practice I love him well palming is the

1178
00:52:14,750 --> 00:52:13,050
one I like the fact that they can hold

1179
00:52:16,310 --> 00:52:14,760
something and appear to move normally

1180
00:52:17,360 --> 00:52:16,320
we're in fact I've got an entire credit

1181
00:52:19,070 --> 00:52:17,370
card in their palm and they're waving

1182
00:52:20,630 --> 00:52:19,080
their hand around you can't see it they

1183
00:52:22,670 --> 00:52:20,640
don't drop it I remember learning about

1184
00:52:24,470 --> 00:52:22,680
that when I was young there and trying

1185
00:52:27,050 --> 00:52:24,480
it and just realizing just how difficult

1186
00:52:30,790 --> 00:52:27,060
it was for shoplifting in Manchester

1187
00:52:33,050 --> 00:52:30,800
that'll be handy island yeah yeah yeah

1188
00:52:34,820 --> 00:52:33,060

look we we hear where people really

1189

00:52:36,620 --> 00:52:34,830

start the Atilla truth which is out in

1190

00:52:38,090 --> 00:52:36,630

the foyer while the auctions on course

1191

00:52:40,850 --> 00:52:38,100

lift let's face it everybody doesn't got

1192

00:52:43,940 --> 00:52:40,860

that kind of cash the sceptics have come

1193

00:52:46,220 --> 00:52:43,950

what is your name Lee Murray well have

1194

00:52:48,050 --> 00:52:46,230

you been enjoying awake in so far I have

1195

00:52:51,050 --> 00:52:48,060

indeed it's been lovely what's been the

1196

00:52:52,790 --> 00:52:51,060

highlight oh I've been kind of shut away

1197

00:52:54,200 --> 00:52:52,800

finishing my talk for a little while so

1198

00:52:55,460 --> 00:52:54,210

I think the conversations that I've been

1199

00:52:59,480 --> 00:52:55,470

having with people at the opening

1200

00:53:00,800 --> 00:52:59,490

function really yeah so I've been having

1201

00:53:03,680 --> 00:53:00,810

a lot of people ask me to pick their

1202

00:53:05,480 --> 00:53:03,690

accents for them and I got it right

1203

00:53:07,160 --> 00:53:05,490

thankfully I managed to get rural South

1204

00:53:09,470 --> 00:53:07,170

Australia what's the hardest one to pick

1205

00:53:11,610 --> 00:53:09,480

as far as Australian dialects go

1206

00:53:14,580 --> 00:53:11,620

hard one probably the difference between

1207

00:53:16,740 --> 00:53:14,590

Victoria and Perth really probably the

1208

00:53:18,330 --> 00:53:16,750

hardest one yeah obviously you're

1209

00:53:20,280 --> 00:53:18,340

keeping an eye on the the original

1210

00:53:21,990 --> 00:53:20,290

trends what's one of the new words it's

1211

00:53:23,250 --> 00:53:22,000

emerged that we might not have heard yet

1212

00:53:25,530 --> 00:53:23,260

that you've got wow that's a good one oh

1213

00:53:27,090 --> 00:53:25,540

I don't really collect words so much but

1214

00:53:29,820 --> 00:53:27,100

I know that they're voting at the moment

1215

00:53:31,290 --> 00:53:29,830

for the Macquarie I think word of the

1216

00:53:33,360 --> 00:53:31,300

year

1217

00:53:36,270 --> 00:53:33,370

and I think one of the one of the

1218

00:53:38,610 --> 00:53:36,280

finalists is cancel culture what I've

1219

00:53:40,850 --> 00:53:38,620

heard so that was a new one on me that's

1220

00:53:42,780 --> 00:53:40,860

interesting I have heard it a bit I

1221

00:53:44,880 --> 00:53:42,790

wouldn't have thought maybe they've put

1222

00:53:47,340 --> 00:53:44,890

Macquarie Dixon's more an American kind

1223

00:53:48,840 --> 00:53:47,350

of thing yeah I think so I think we tend

1224

00:53:50,610 --> 00:53:48,850

to be picking up a lot of these American

1225

00:53:54,510 --> 00:53:50,620

things thanks to the internet cultural

1226

00:53:56,220 --> 00:53:54,520

imperialism is ruling yeah exactly

1227

00:53:59,010 --> 00:53:56,230

not so much oh grandma just now words

1228

00:54:00,510 --> 00:53:59,020

we're getting over from over is there a

1229

00:54:02,190 --> 00:54:00,520

website we can go to it's got all these

1230

00:54:04,860 --> 00:54:02,200

different dialects on it with examples

1231

00:54:06,540 --> 00:54:04,870

in audio we can have a listen to oh if

1232

00:54:07,620 --> 00:54:06,550

you look up the Macquarie a word map

1233

00:54:09,570 --> 00:54:07,630

you'll see

1234

00:54:10,860 --> 00:54:09,580

let's different vocabulary from places

1235

00:54:13,290 --> 00:54:10,870

and if you look for the Australian

1236

00:54:14,790 --> 00:54:13,300

voices website you'll hear explanations

1237

00:54:16,800 --> 00:54:14,800

of all the different accents when do you

1238

00:54:18,450 --> 00:54:16,810

get to relax and enjoy the weekend when

1239

00:54:22,410 --> 00:54:18,460

oh I'm speaking first thing tomorrow

1240

00:54:23,580 --> 00:54:22,420

morning so after that yeah so you've got

1241

00:54:26,160 --> 00:54:23,590

to get to a bit early so don't have the

1242

00:54:27,480 --> 00:54:26,170

furry tongue exactly I lost my voice a

1243

00:54:29,910 --> 00:54:27,490

little bit last night now I think I've

1244

00:54:31,620 --> 00:54:29,920

got it back now I rest we can we catch

1245

00:54:33,900 --> 00:54:31,630

you online where can we catch your stuff

1246

00:54:36,450 --> 00:54:33,910

online oh you can catch me on twitter at

1247

00:54:57,650 --> 00:54:36,460

murray lee a or you can catch my website

1248

00:55:00,570 --> 00:55:00,089

thank you for listening to a skeptic

1249

00:55:03,870 --> 00:55:00,580

zone

1250

00:55:08,640 --> 00:55:03,880

it's just Richard Saunders now out

1251
00:55:13,770 --> 00:55:08,650
walking around the area here at Thunder

1252
00:55:18,030 --> 00:55:13,780
Wood Ranch I've been having an excellent

1253
00:55:22,280 --> 00:55:18,040
stay with Brian and Lisa Dunning truly

1254
00:55:26,820 --> 00:55:22,290
wonderful hosts and as you might guess

1255
00:55:28,620 --> 00:55:26,830
certainly Brian and I being fellow

1256
00:55:31,740 --> 00:55:28,630
podcasters have a lot in common

1257
00:55:33,570 --> 00:55:31,750
and so I think we were able to teach

1258
00:55:36,630 --> 00:55:33,580
each other a few tips and tricks and

1259
00:55:41,010 --> 00:55:36,640
insights and whatever we always do when

1260
00:55:43,830 --> 00:55:41,020
we meet up and of course I certainly

1261
00:55:47,040 --> 00:55:43,840
look forward every week to skip toyed

1262
00:55:50,640 --> 00:55:47,050
with Brian Dunning coming up on next

1263
00:55:53,609 --> 00:55:50,650

week's show even more from Maine our dad

1264

00:55:56,550 --> 00:55:53,619

skeptic on 2019 he certainly provided us

1265

00:56:01,079 --> 00:55:56,560

all with many many wonderful interviews

1266

00:56:04,550 --> 00:56:01,089

from that convention not so long ago and

1267

00:56:07,290 --> 00:56:04,560

also I hope to bring you a think tank

1268

00:56:10,530 --> 00:56:07,300

which hasn't been on the show for a very

1269

00:56:13,500 --> 00:56:10,540

long time or in this situation it might

1270

00:56:16,470 --> 00:56:13,510

be what Maynard likes to call the hot

1271

00:56:20,540 --> 00:56:16,480

tub of truth so with any luck we'll get

1272

00:56:25,020 --> 00:56:20,550

some interesting people some thinkers

1273

00:56:28,079 --> 00:56:25,030

together in a hot tub in the snow set up

1274

00:56:30,810 --> 00:56:28,089

the microphone and record the flow of

1275

00:56:33,750 --> 00:56:30,820

conversation doesn't sound too bad

1276

00:56:36,930 --> 00:56:33,760

and sometimes I reflect on the people

1277

00:56:40,700 --> 00:56:36,940

you do meet in life it's it's quite

1278

00:56:44,160 --> 00:56:40,710

interesting and it can be quite well

1279

00:56:48,300 --> 00:56:44,170

serendipitous when out of the blue

1280

00:56:54,839 --> 00:56:48,310

somebody else comes along and you find a

1281

00:56:57,090 --> 00:56:54,849

very interesting person or people come

1282

00:56:59,520 --> 00:56:57,100

into your life and well

1283

00:57:02,490 --> 00:56:59,530

I guess that's all part of the adventure

1284

00:57:04,500 --> 00:57:02,500

I can just hear the wind now howling

1285

00:57:07,590 --> 00:57:04,510

through the trees it's almost dark

1286

00:57:12,320 --> 00:57:07,600

the snow has stopped for the moment all

1287

00:57:15,510 --> 00:57:12,330

very lightly maybe but where it's

1288

00:57:18,810 --> 00:57:15,520

pristine and it's about halfway up my

1289

00:57:21,930 --> 00:57:18,820

leg and there are giant icicles hanging

1290

00:57:27,220 --> 00:57:21,940

off the side of the house and here and

1291

00:57:32,809 --> 00:57:30,500

before I go another thank you

1292

00:57:35,180 --> 00:57:32,819

heartfelt thank you to those people and

1293

00:57:37,910 --> 00:57:35,190

recently some more people who contribute

1294

00:57:41,630 --> 00:57:37,920

to the skeptic zone by paypal or patreon

1295

00:57:44,390 --> 00:57:41,640

and without the support of everyday

1296

00:57:47,809 --> 00:57:44,400

people and lots of my friends to which

1297

00:57:48,980 --> 00:57:47,819

I'm very flattered by there would be no

1298

00:57:52,480 --> 00:57:48,990

skeptic zone

1299

00:57:55,279 --> 00:57:52,490

thank you to my reporters too who kindly

1300

00:57:59,059 --> 00:57:55,289

send in their excellent reports like

1301
00:58:01,990 --> 00:57:59,069
Mandy Lee and Michelle Franklin who you

1302
00:58:08,650 --> 00:58:02,000
would have heard this week but for now

1303
00:58:14,650 --> 00:58:08,660
as I crunch through the Oregon snow

1304
00:58:24,589 --> 00:58:17,150
this is Richard Saunders signing off

1305
00:58:26,660 --> 00:58:24,599
from Thunder Wood Ranch you've been

1306
00:58:33,589 --> 00:58:26,670
listening to the skeptic zone podcast

1307
00:58:36,049 --> 00:58:33,599
please visit our website at wwlp.com tax

1308
00:58:40,069 --> 00:58:36,059
and to access the bat catalog of

1309
00:58:41,779 --> 00:58:40,079
episodes going back to 2008 you can

1310
00:58:44,839 --> 00:58:41,789
follow the skeptic zone podcast on

1311
00:58:47,150 --> 00:58:44,849
twitter at skeptic zone visit our

1312
00:58:48,010 --> 00:58:47,160
facebook page or leave a review on

1313
00:58:50,720 --> 00:58:48,020

itunes

1314

00:58:54,079 --> 00:58:50,730

you can also support the skeptic zone

1315

00:58:57,500 --> 00:58:54,089

via patreon or PayPal the skeptic zone

1316

00:58:59,180 --> 00:58:57,510

podcast is an independent production the

1317

00:59:01,309 --> 00:58:59,190

views and opinions expressed on the

1318

00:59:03,650 --> 00:59:01,319

skeptic zone are not necessarily those

1319

00:59:05,460 --> 00:59:03,660

of Australian skeptics or any other

1320

00:59:15,900 --> 00:59:05,470

skeptical organisation

1321

00:59:21,610 --> 00:59:19,210

check a Czech Republic and Italy and

1322

00:59:24,190 --> 00:59:21,620

what's going on in Portugal and so on

1323

00:59:25,960 --> 00:59:24,200

it's blown it's blown now it Brian

1324

00:59:28,510 --> 00:59:25,970

Dunning has just come into the room and

1325

00:59:30,760 --> 00:59:28,520

what do you do it is recording live

1326

00:59:32,380 --> 00:59:30,770

streaming this well hey live streaming

1327

00:59:33,970 --> 00:59:32,390

yeah I thought you'd continue with the

1328

00:59:41,340 --> 00:59:33,980

interview or you can you mind the

1329

00:59:48,730 --> 00:59:44,380

that's the equivalent of photobombing

1330

00:59:50,170 --> 00:59:48,740

it's its podcast curation what were you

1331

00:59:55,729 --> 00:59:50,180

just saying what was your last sentence

1332

01:00:00,149 --> 00:59:59,549

I'm coming to you from the Golden Gate

1333

01:00:03,089 --> 01:00:00,159

Bridge

1334

01:00:07,459 --> 01:00:03,099

San Francisco I'm walking across from

1335

01:00:10,859 --> 01:00:07,469

south to north and I'm approaching the

1336

01:00:12,870 --> 01:00:10,869

exact halfway point although it's real

1337

01:00:16,799 --> 01:00:12,880

time it's a lovely day for crossing the

1338

01:00:20,790 --> 01:00:16,809

bridge not too cold really the sky's a

1339

01:00:22,990 --> 01:00:20,800

bit cloudy but the view is clear

1340

01:00:25,390 --> 01:00:23,000

and surely

1341

01:00:29,200 --> 01:00:25,400

since I don't think I'll be able to

1342

01:00:29,770 --> 01:00:29,210

visit another planet it's a wonderful

1343

01:00:31,930 --> 01:00:29,780

thing

1344

01:00:34,190 --> 01:00:31,940

to have the privilege to visit

1345

01:00:37,890 --> 01:00:34,200

[Applause]

1346

01:00:41,820 --> 01:00:37,900

glorious wonderful beautiful amazing

1347

01:00:49,240 --> 01:00:46,240

I'm stepping up now and I think

1348

01:00:52,359 --> 01:00:49,250

I'm judging this correctly although

1349

01:00:56,260 --> 01:00:52,369

there's no marker there must be it

1350

01:00:59,440 --> 01:00:56,270

exactly the halfway point lots of people

1351

01:01:07,280 --> 01:00:59,450

walking back and forth today San

1352

01:01:12,150 --> 01:01:09,300

you

1353

01:01:13,650 --> 01:01:12,160

one more Easter eggs folks for this

1354

01:01:15,600 --> 01:01:13,660

week's show I'm with Brian Dunning and

1355

01:01:17,610 --> 01:01:15,610

beginning to play the dice game I have a

1356

01:01:21,500 --> 01:01:17,620

ten sided i dice whatever you want to

1357

01:01:24,300 --> 01:01:21,510

call it all right Brian is examining lis

1358

01:01:26,850 --> 01:01:24,310

skeptic is own is in sided die there

1359

01:01:28,410 --> 01:01:26,860

appears to be a normal die as far as I

1360

01:01:30,570 --> 01:01:28,420

can tell well you can be the guest

1361

01:01:32,190 --> 01:01:30,580

thrower this week we're going to throw

1362

01:01:34,290 --> 01:01:32,200

it three times and we'll invite our

1363

01:01:37,260 --> 01:01:34,300

listening audience to predict using

1364

01:01:39,120 --> 01:01:37,270

psychic or any other powers what number

1365

01:01:41,520 --> 01:01:39,130

will come up all right go ahead

1366

01:01:43,290 --> 01:01:41,530

yep so everybody at home in your car

1367

01:01:47,510 --> 01:01:43,300

walking the dog walking the cat walking

1368

01:01:50,160 --> 01:01:47,520

the rat predict and the first number is

1369

01:01:52,440 --> 01:01:50,170

did you want me to say it yeah three

1370

01:01:54,570 --> 01:01:52,450

three okay write that down everybody

1371

01:01:55,830 --> 01:01:54,580

with your skeptic zone pin where does

1372

01:01:57,150 --> 01:01:55,840

the prediction part come in today uh

1373

01:02:00,150 --> 01:01:57,160

what are they predicting something

1374

01:02:01,590 --> 01:02:00,160

before it's fun it works everybody now

1375

01:02:03,570 --> 01:02:01,600

oh you cut well you could predict

1376

01:02:05,280 --> 01:02:03,580

afterwards but you know so everybody at

1377

01:02:07,380 --> 01:02:05,290

home now is predicting what the next

1378

01:02:09,990 --> 01:02:07,390

number what might be now some people one

1379

01:02:15,050 --> 01:02:10,000

in 10 have said three you see okay in

1380

01:02:17,730 --> 01:02:15,060

the next number is we go for whoo I'm

1381

01:02:19,260 --> 01:02:17,740

detecting a pattern I'm making a

1382

01:02:20,010 --> 01:02:19,270

prediction of my own for the next throw

1383

01:02:23,100 --> 01:02:20,020

here uh-huh

1384

01:02:26,310 --> 01:02:23,110

and what's that well but not gonna tell

1385

01:02:30,420 --> 01:02:26,320

you obviously here we go

1386

01:02:32,520 --> 01:02:30,430

yep last one it is exactly what I