



April 2006

ASTRO S.A. is now producing newsletters in a pdf format only, I hope this enables easier printing. Links to web sites may need to be typed into your browser, or with some pdf readers cut and paste will work. Below is a url sent in by Brett L, it is well worth a look.

Ken K

http://www.homepower.com/magazine/downloads_homebrews.cfm



URBAN MYTH!

The story below was sent to me in an email, I researched it and came up with some answers at.

<http://urbanlegends.about.com/library/blcpr.htm>

Let's say it's 4:17 p.m. and you're driving home, (alone of course) after an unusually hard day on the job. Not only was the work load extraordinarily heavy, you also had a disagreement with your boss, and no matter how hard you tried he just wouldn't see your side of the situation. You're really upset and the more you think about it the more up tight you become. All of a sudden you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest you home, unfortunately you don't know if you'll be able to make it that far.

What can you do? You've been trained in CPR but the guy that taught the course neglected to tell you how to perform it on yourself.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Since many people are alone when they suffer a heart attack, this article seemed in order.) Without help the person whose heart stops beating properly and who begins to feel Faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a phone and, between breaths, call for help. Tell as many other people as possible about this, it could save their lives!

According to the best information I can find, "cough CPR" (referred to in some variants as "self-CPR") is a real procedure occasionally used in emergency situations under professional supervision.

It is not, however, taught in standard CPR courses, nor do most medical professionals presently recommend it as a "life-saving" measure for people who experience the most common types of heart attack while alone (note: see update below).

One doctor I contacted - a heart specialist - had never even heard of the procedure.

Other doctors say they're aware of the "cough CPR" technique but would only advise it under very specific circumstances. For example, in certain cases where a patient has abnormal heart rhythms, coughing can help normalize them, according to Dr. Stephen Bohan of Brigham and Women's Hospital in Boston. However, most heart attacks are not of this type. Dr. Bohan says the best course of action for a typical heart attack victim is to immediately take an aspirin (which helps dissolve blood clots) and call 911.

This is a case where a nugget of truth has apparently been misunderstood and misrepresented to the public, though not intentionally. A chapter of Mended Hearts published it without proper research. It was then reprinted by other chapters and eventually found its way into email form.

Darla Bonham, the organization's executive director, issued a statement afterward which read, in part:

I've received email from people all across the country wanting to know if it is a valid medically approved procedure. I contacted a scientist on staff with the American Heart Association Emergency Cardiac Care division, and he was able to track a possible source of the information. The information comes from a professional textbook on emergency cardiac care. This procedure is also known as "cough CPR" and is used in emergency situations by professional staff. The American Heart Association does not recommend that the public use this method in a situation where there is no medical supervision.

As with all medical rumours, the most prudent course of action is to verify the information with your own doctor or other medical professional before acting upon it or sharing it with others.

2003 update: In September 2003, four years after this email rumour began circulating, Polish physician Tadeusz Petelenz presented the results of a study which he said demonstrates that cough CPR can indeed save the lives of some heart attack victims. While not immediately embraced by all the members attending the European Society of Cardiology meeting where Petelenz spoke, the findings were characterized by some as "interesting." At least one heart specialist, Dr. Marten Rosenquist of Sweden, found fault with the study, objecting that Petelenz had presented no evidence that the subjects had actually experienced cardiac arrhythmias. He called for further research.

Note: The above explanation is from

<http://urbanlegends.about.com>

I have included this in the newsletter as many members have a copy of the original **URBAN MYTH**, in this case I feel a little extra information worthwhile.

Ken Kranz.



Peter's Page Feb 10th 2006

Ken opened the meeting at 8.00pm. He said that as there was no guest speaker it would be a member's night.

Monica had a free CD that anyone could copy, on articles relating to Diet Coke and the state of the nation.

Andrew had some battery chargers, air pumps and a solar panel to give away. (they lasted about 10 seconds) He also mentioned "OPTIMA" batteries, which are very high quality military standard lead acid batteries, available from "Specialty Tuning". He said that they were suitable for electric vehicles, and then discussed the pros and cons of electric cars versus electric bikes.

Mark said that over 18 kph, most of the energy used on vehicles was to overcome wind resistance.

Peter commented, after a discussion on electric controls for electric assisted bikes, that all of the controls needed were readily available at reasonable prices from "Oatley Electronics" via the Webb.

Andrew wants to form a group to build a Brown's Gas generator.

AndrewS had free Linux Ubuntu software to give away. He also said that he had delivered four different "Water Units" to flinders University for evaluation. He had also met with people from SARDI who wanted to test his water units with potato cleaners. This was in relation to control of the waste with the special water from the units.

Peter / Ashley mentioned electrolysed water and said that Australian science was 40 years behind the Russians and Japanese in using it for sterilisation in medical, dental and other agricultural applications. He said that it was non toxic, cost about 20 cents a Kilo liter to make and was 1000 times more effective in killing moulds, virus, bacteria, yeasts, fungus and spores, than a 5% sodium hypochlorite solution. He added that the Russians even flush open incisions with it during operations,

and that they did not have Golden Staph and other nasty infections in their hospitals; even though they were often much poorer.(Webb search on "elcctrolyzed water" for more info.)

Dennis F & P Group...Held an impromptu auction of very good sander size sandpaper (in small rolls) and sanding blocks. He raised \$49.00 for the group. Well done!!! He also showed some different versions of his wind generator blades. His PVC blades had a 2 - 3 degree tilt into the wind, which produced too much drag at speed. He said that he was getting 12 Amps at 24 Volts from his wind generator on a windy day.



Andrew displayed a range of crystal rock salt lamps from Poland. He said that they produced negative ions and that they were good to leave on in your bedrooms continuously. They only had a small 15 watt lamp inside of them. There is a lot of information on them at

<http://www.novapacific.com>



Peter spoke on an article titled "China to Build World's First 'Artificial Sun' Device" at an eastern Chinese city called Hefei. The device will be a full superconducting experimental Tokamak fusion device, with aims to generate infinite, clean nuclear-fusion-based energy. The project, dubbed EAST (experimental advanced superconducting Tokamak) is being undertaken in the Hefei-based Institute of Plasma Physics under the Chinese Academy of Science. It will cost 300M Yuan, only a fifteenth to twentieth of the cost of similar devices being built in other parts of the world. Other countries in the world having these devices are Russia, France and Japan!

Peter also spoke on a new Tom Bearden book titled "Discovering Magnetism". It is a modernised reprint of Howard Johnson's 1970 book of the same name. He produced colour (preview) pictures of Johnson's double helix magnetic patterns and

showed the amazing similarity to the "ANU" from Leadbeater and Bessant's book titled "Occult Chemistry" of 1940, where they claimed that positive and negative ANUS are the smallest particles, through which flows all the energy that keeps everything intact. See <http://chenierie.org/books/HoJo/index.html> for further information and a preview of Johnson's book.

Mark gave a short talk on the Theory of Grand Unification in reference to some of his experiments and theories. He said that this incorporated a new version of the classic $E=MC^2$. Please see <http://www.aias.us> <http://www.atomicprecision.com> and look up "Myron Evans, ECE Theory" for further information.

Matthew mentioned that we needed to tackle some ASTRO group topics such as converting the VHS library to DVD, examining the recent group survey, and he, as Treasurer, advised of the current financial status.

The meeting closed at 10.15pm and was followed by supper and an hour of good socialising.

Until next meeting,

Peter



PETER'S PAGE MARCH 10th 2006

Robert ... opened the meeting at 8.00pm with a welcome to all.

Ken ... passed a tubular object around and asked if there was anyone that knew what it was. About ten people knew that it was an Edison tubular phonogram record.

Dennis ... F & P Group ... Said that he had been to a solar display at the festival centre. He also discussed getting the power down from the head unit of a wind generator.

Hans ... (who has seven largish working wind generators) said that his generators automatically limit at 110Mph. This was in answer to discussions on how wind generators handle high wind velocities.

Matthew ... said that he had seen a solar roof unit that pumped hot air to below.

David ... said that this was called a "Lazy Lizard" and was available from the Solar Energy Shop.

Hans, Dino & David ... talked briefly on solar heat energy being stored in hot rocks and said that he Dino had a 2,000 gallon heat storage

tank underneath his bathroom. David mentioned the hot brick storage system called "Heat Bank", which used low tariff electricity.

continued

Michael ... displayed his latest advancement in his "Dual Polarity Coil" project. He said that he was trying different dielectric fluids and that lanolin had a dielectric of 4.2 against other oils which were around 2. He said that he needed to use higher voltages for his H2 experiment. He said that ilmenite can be used for the core, but it had to fused with barium. He also added that Keeley had his best results with carbon cores, of the type used in carbon welding rods.

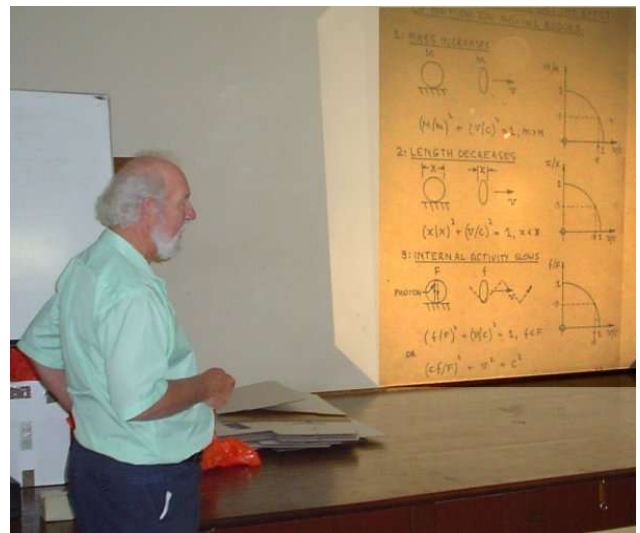
A comment was made that barium oxide was best for over unity transformers. It needed to have its atomic structure re-programmed, by phase change, in the molten state, from Fe_2O_3 to Fe_2O_4 , by means of pouring it, in molten state, into sea water. The full technique can be accessed from the Webb via a Google search.

Ken ... said that he has never seen any specifications on BH curves and permeability (of transformer cores) on any alternative power (Webb) sites.

Michael ... Spoke about EV Gray's spark gap, saying that the centre electrode was made of thoriated tungsten. He said that just like electron valves, thorium was needed to make an efficient emitter. Michael said that there was an audio tape in our library that gave a detailed explanation on the subject. He said that the mystery metal was bismuth, now used to replace lead in shotgun pellets. See the following Webb site for more info: -

<http://www.icestuff.com/~energy21/freeenergycircuit.htm>

GUEST SPEAKER ... Dr Martin Gottschall
Robert introduced Dr Martin Gottschall. Martin gave an overview of himself and his lead into his interest into space travel.



In 1960 whilst he was looking for "something else in life", his wife saw an UFO close up, and he started looking for UFO Physics.

This led him (and his wife) into an interesting career path. If you conduct an Australian Google search on "Martin Gottschall", you will come across an incredible amount of equally incredible information. Martin touched on "Multiple Realities" ... see ...

<http://www.acufos.asn.au/gravity/multi.html> and "Special Relativity", the effect of motion on moving bodies. See <http://www.acufos.asn.au> and <http://www.uforg.asn.au> for more information. Robert thanked Martin for his excellent and fascinating talk.

Devashoan ... announced that ASTROSA would be giving a one hour lecture at the Psychic Fair, 3rd to 4th June 2006.

Matthew ... said that there were Grants available and that we should look into the prospect of applying for one or more.

Uli ... demonstrated his "Browns Gas" generator. It used distilled water, an alkaline electrolyte and 1000 watts of power to produce the hydrogen / oxygen high temperature flame.

The meeting closed at 11.00pm and was followed by supper.

Until next meeting,

Peter

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