

[Explanatory preface -- May 1, 2019]

Harvard's dramatic club 'Hasty Pudding' was founded in 1795. Over the centuries it's had many, many, distinguished members, starting with John Adams and John Quincy Adams. The first 170 years' performances had all-male casts but with the end of freedom of thought at Harvard the Pudding was coerced to put Cliffies on stage too.

A group of us in the Class of 1965 last year attended the historic final all-male performance, and this year we joined together to attend the 171st performance: the first in two centuries in which both males and females (real ones) appeared. The entire cast was terrific -- especially the females cross-dressed playing male roles!

At the post-event dinner for 28 of us, I was invited to follow Pudding tradition by presenting a Patriotic Oration which I titled "Feather Beds and Hockey Sticks," reproduced next under for your amusement and possible edification.

Do pass along to anyone who might value such reflections as these.

I'm weaving these ideas into a forthcoming larger project so welcome suggested improvements.

Jeffrey Race

A PATRIOTIC ORATION

BY

JEFFREY RACE

PRESENTED TO FELLOW MEMBERS OF THE HARVARD CLASS OF 1965

MARCH 3, 2019

FEATHER BEDS AND HOCKEY STICKS

THEY'RE A THREAT TO THE FUTURE OF AMERICA.

TWENTY-FIVE PERCENT OF VOLUNTEERS FOR MILITARY SERVICE ARE REJECTED FOR OBESITY.

ANOTHER 25% ARE REJECTED FOR OTHER MEDICAL REASONS.

WORSENING AMERICAN HEALTH AND LONGEVITY, ALONG WITH OTHER DEGENERATIVE PROCESSES I'LL MENTION IN A MOMENT, ARE LEADING US AND OUR DESCENDANTS TO A BAD END.

LET'S USE OBESITY AS ONE EXAMPLE.

I TELL YOU THESE THINGS FROM PERSONAL STUDY, FROM MY OWN MEDICAL EXPERIENCE, AND FROM THE SYLLABUS OF MY YOUNGEST DAUGHTER JASMINE WHO'S TRAINING TO BE A SURGEON.

AMERICANS ARE GETTING BAD OFFICIAL DIETARY ADVICE AND BAD MEDICAL ADVICE, AS ANY FOREIGNER CAN SEE FROM THE SHAPE OF THE NATIVES AS SOON AS HE STEPS OFF THE PLANE FROM EUROPE OR ASIA.

THE BASIC SCIENTIFIC AND HISTORICAL FACT IS THAT OUR FAMILY OF HOMININS THRIVES ON A DIET OF PROTEIN AND FATS. WE DID FOR TWO MILLION YEARS, FORAGING FOR FRUITS AND NUTS AND HUNTING FOR ANIMALS.

THE END OF THE LAST GREAT ICE AGE TEN THOUSAND YEARS AGO MADE SETTLED AGRICULTURE POSSIBLE. HUMANS BEGAN TO CULTIVATE CEREALS, TUBERS AND PULSES. CARBOHYDRATES ENTERED OUR DIET.

THE ONLY EARLY SUGAR WAS HONEY. THERE WASN'T MUCH, AND EVEN WITH THE SPREAD OF SUGARCANE CULTIVATION, SUGAR WAS TOO EXPENSIVE. ONLY THE RICH COULD GROW FAT AND SUCCUMB TO GOUT--LOOK AT HENRY VIII. AND THAT'S WHY MEMBERS OF PRIMITIVE COMMUNITIES CAN HAVE GORGEOUS PEARLY TEETH.

WHEN I WAS REALLY GOOD AS A YOUNG TEEN I'D GET ONE BOTTLE OF COCA COLA IN A WEEK, OR ONE SCOOP OF ICE CREAM ON A CONE.

TODAY DECLINING PRICES OF SUGAR AND CARBS, AND CHANGES IN THE AMERICAN VALUE SYSTEM LEGITIMATING INCESSANT AND INSTANT SENSORY GRATIFICATION, HAVE LED TO THE EPIDEMIC OF OBESITY WE SEE.

OFFICIAL DIETARY RECOMMENDATIONS SPECIFY THAT A LARGE PROPORTION OF CARBOHYDRATES BE FROM GRAINS. IT'S BAD SCIENCE.

OFFICIAL RECOMMENDATIONS ALSO DEMAND LOW-FAT DAIRY PRODUCTS, BASED ON THE IDEA THAT "FAT MAKES YOU FAT," A RELATIONSHIP SCIENCE HAS DISCREDITED AGAIN AND AGAIN.

IF YOUR LIPIDS ARE WRONG, OR YOUR GLUCOSE LEVEL TOO HIGH, YOUR DOCTOR WILL PRESCRIBE A STATIN DRUG AND METFORMIN.

WERE NUTRITIONAL RECOMMENDATIONS AND MEDICAL PROTOCOLS CORRECT, WE'D SEE DECLINING OBESITY AND IMPROVING LONGEVITY. INSTEAD, FROM THE PEOPLE WALKING AROUND US, WE SEE TOTAL FAILURE. MILLIONS ARE CONDEMNED TO MISERABLE LIVES FOR FOLLOWING BAD NUTRITIONAL GUIDELINES AND FAULTY DIET SCHEMES. THEY FAIL TO QUALIFY FOR MILITARY SERVICE AND MANY DIE FAR YOUNGER THAN NATURE DEMANDS, SOMETIMES AFTER BLINDNESS AND AMPUTATIONS.

THE ANSWER IS TO STOP CONSUMING SUGARS AND CARBOHYDRATES. OUR LEADERS MUST TELL US THIS. OUR DOCTORS MUST DEMAND THIS.

OUR BODIES TODAY WORK JUST FINE ON PROTEINS AND FATS, AS THEY HAVE FOR MILLIONS OF YEARS. YOU CAN REPLACE CORN, RICE, POTATOES AND WHEAT WITH CHICKPEAS, LENTILS AND BEANS. (THE LATTER REVERSE THE PROTEIN-TO-CARBOHYDRATE RATIO.) EAT AS MUCH AS YOU WANT. YOU'RE NEVER HUNGRY AND THERE'S NO NEED TO DIET.

DID I MAKE THIS UP? NO. I LIVED IT.

DUE TO TREATMENT WITH A STEROID FOR AN AUTOIMMUNE DISORDER I BECAME FOR 18 MONTHS AN INDUCED DIABETIC. MY A1C LEVEL WENT UP TO 8 AND MY BRIGHAM

AND WOMEN'S ENDOCRINOLOGIST PRESCRIBED METFORMIN, WHICH INSTANTLY REDUCED MY BLOOD SUGAR TO A HEALTHY LEVEL.

JASMINE FROM HER MEDICAL STUDIES LEARNED THAT STATINS HAVE RECENTLY BECOME KNOWN TO STIMULATE DIABETES+ IN SOME PEOPLE SO URGED ME TO STOP MY DAILY STATIN PILL. MY PCP AND I POLITELY QUARRELED BUT I BECAME A "NON-COMPLIANT PATIENT" AND STOPPED ANYWAY. I ALSO DECIDED TO STOP THE METFORMIN AND WENT ON A ZERO SUGAR DIET. ALSO NO CORN, NO RICE, NO POTATOES, NO WHEAT OR OTHER CEREALS.

I ENJOYED, AND ENJOY, MY WHOLE MILK AND CHEESE.

I EAT AND ENJOY LOTS OF FRUITS AND NUTS.

MY LIPID AND A1C NUMBERS ARE NOW FINE.

MY BWH ENDOCRINOLOGIST WAS VERY HAPPY WITH MY TEST RESULTS DURING A FOLLOW-UP VISIT AND PREPARED TO WRITE A NEW METFORMIN PRESCRIPTION. SHE WAS SURPRISED, PERHAPS MORE CORRECT TO SAY AMAZED, TO LEARN I WAS TAKING NO METFORMIN.

JASMINE—AT A FAMOUS NEW YORK MEDICAL SCHOOL—REPORTS THAT DURING FOUR YEARS OF STUDY STUDENTS RECEIVE THREE HOURS OF NUTRITION TRAINING, SOME OF IT PLAINLY WRONG. THE PROTOCOL TAUGHT IS TO PRESCRIBE METFORMIN AND WARN FAT PEOPLE TO KEEP CARBS IN THEIR DIET. KETOGENIC NUTRITION IS FLAGGED AS A "FAD."

AN ARTICLE IN A RECENT ISSUE OF THE *JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION** INSPIRED THE PRECEDING. IT REPORTED A STUDY OF 40 ADOLESCENTS DIAGNOSED WITH FATTY LIVER DISEASE. TWENTY WERE TOLD TO GO ON WITH THEIR LIVES AND 20 WERE FED A VERY LOW SUGAR DIET. AFTER ONLY EIGHT WEEKS THE INTERVENTION GROUP BEGAN TO RECOVER THEIR HEALTH.

NO ONE SHOULD SUFFER FROM FATTY LIVER DISEASE, AND CERTAINLY NOT ELEVEN-YEAR-OLDS. THAT THE RESEARCHERS COULD EASILY FIND 40 STUDY SUBJECTS IS SHOCKING.

ENOUGH OF FEATHER BEDS. LET'S TALK ABOUT HOCKEY STICKS.

TODAY'S INSTANT GRATIFICATION MENTALITY PRODUCES OTHER DEGENERATIVE PROCESSES, A FEW OF WHICH I'LL JUST NAME BUT NOT ELABORATE UPON.

YOU CAN SEE WHAT ARE CALLED "HOCKEY STICK" FORMATIONS WHEN YOU GRAPH THE

VALUES OF THEIR METRICS OVER LONG PERIODS.

FIRST, PUBLIC AND PRIVATE FINANCES.

CURRENT INTEREST RATES ARE THE LOWEST SINCE TIME BEGAN. THEY'VE SUDDENLY DROPPED TO NEGATIVE LEVELS IN A HOCKEY STICK FORMATION.

THE FED BALANCE SHEET IS ANOTHER HOCKEY STICK FORMATION.

THESE TWO RESULT FROM THE CONTEMPORARY DOCTRINE THAT CREATING PAPER FINANCIAL CLAIMS SUBSTITUTES FOR HARD WORK AND LIVING WITHIN YOUR MEANS. THIS IS WHAT I WAS TAUGHT HALF A CENTURY AGO RIGHT HERE AT HARVARD AND WHAT JASMINE WAS TAUGHT FIVE YEARS AGO AT PRINCETON. (ALAN BLINDER EMPHATICALLY INSTRUCTED EVERYONE IN JASMINE'S MACROECONOMICS CLASS TO "BORROW AS MUCH AS YOU CAN.")

SECOND, CARBON DIOXIDE LEVELS: JUST LOOK AT THE HOCKEY STICK FORMATION IN THE IMAGE.

HOCKEY STICK FORMATIONS ALMOST INVARIABLY END IN A GREAT CATAclySM. ECONOMISTS KNOW NOTHING OF THEM BUT EVERY ENGINEER IN EVERY ENGINEERING SPECIALTY STUDIES THEM INTIMATELY BECAUSE THEY ARE HAIR-ON-FIRE EVENTS MANIFESTING AN "OPEN LOOP" IN WHICH A HOMEOSTATIC FEEDBACK PROCESS HAS FAILED, SO THE SYSTEM UNDER STUDY MOVES TO AN EXTREME, TERMINATING IN ITS DESTRUCTION.**

WHAT WE KNOW AS CIVILIZATION DEVELOPED—AND COULD ONLY HAVE DEVELOPED—IN THE LAST TEN THOUSAND YEARS SINCE THE END OF THE GREAT ICE AGE.

THE INDUSTRIAL REVOLUTION PROCEEDED ONLY IN THE TIME SINCE THE END OF THE LITTLE ICE AGE.

THE PLEASANT LIFE THAT OUR GENERATION CONSIDERS NORMAL DEVELOPED SINCE THE END OF THE SECOND WORLD WAR IN AN UNUSUAL PERIOD OF HIGHLY CLEMENT WEATHER, EXPLOITATION AND EXPANSION OF BACKLOGGED TECHNOLOGY, FINANCIAL LIQUIDITY AND INTERNATIONAL STABILITY. ALL NOW PASS AWAY.

LIFE IS GOING TO GROW MUCH WORSE. THE HAPPY TIMES AND THE IDEAL EXISTENCE WE KNEW IN THE 50S AND 60S WILL DISAPPEAR, NEVER TO RETURN IN OUR LIFETIMES OR THE LIFETIMES OF OUR CHILDREN.

WE'RE GOING TO NEED LOTS OF SECURITY FORCES, FILLED WITH HEALTHY YOUNG PEOPLE—LOTS OF THEM.

AS HIGHLY EDUCATED CITIZENS AND WELL-INFORMED PEOPLE, WE CAN AND MUST HELP EACH OTHER TO SOUND A LOUD WARNING OF WHAT'S COMING. WE CAN CHOOSE TO CHANGE OUR WAY OF LIFE—OR IT WILL BE CHANGED FOR US.

AMERICANS MUST REPUDIATE THE INSTANT GRATIFICATION NORM, LOWER THEIR CONSUMPTION TO SUPPORTABLE LEVELS, ABANDON THE FRIVOLITIES OF CONTEMPORARY LIFE AND START TO WORK HARDER THAN WE EVER HAVE SINCE THE SECOND WORLD WAR (OR THAN TODAY'S CHILDREN CAN IMAGINE) TO BEND THE FUTURE AWAY FROM THE PENDING CATASTROPHE, TO BE INSTEAD NO WORSE THAN REALLY—REALLY—BAD TIMES.

WE MUST TELL OUR CHILDREN THIS.

AND IF THE PUBLIC WON'T LISTEN TO US SPEAKING AS RESPONSIBLE ADULTS, WE MUST AS RESPONSIBLE PARENTS AT LEAST PROTECT OUR CHILDREN FROM THE LIKELIEST REAL WORLD SCENARIO.

LET ME CLOSE ON A SECOND PERSONAL NOTE.

MY ANCESTORS ON BOTH SIDES IMMIGRATED FROM EUROPE AND THE GENEALOGISTS IN OUR FAMILY KNOW SOMETHING OF THEIR HISTORIES. WE WERE HONEST PEASANTS AND HONEST WORKERS AND WE WOULD HAVE REMAINED AT THAT LEVEL TO THE END OF TIME HAD WE REMAINED IN EUROPE.

WE WERE NOTHING UNTIL WE CAME HERE. AMERICA MADE EVERYTHING POSSIBLE FOR US. IN THE THIRD GENERATION WE HAVE AT LAST ACHIEVED OUR HUMAN POTENTIAL.

MAY GOD BLESS THE UNITED STATES OF AMERICA AND THE WAY WE ONCE LIVED, WHICH MADE US GREAT.

+ RECONFIRMED IN RESEARCH JUST PUBLISHED IN THE *BRITISH JOURNAL OF CLINICAL PHARMACOLOGY*. SEE <[HTTPS://BPSPUBS.ONLINELIBRARY.WILEY.COM/DOI/10.1111/BCP.13898](https://bpspubs.onlinelibrary.wiley.com/doi/10.1111/bcp.13898)>

* "EFFECT OF A LOW FREE SUGAR DIET VS USUAL DIET ON NONALCOHOLIC FATTY LIVER DISEASE IN ADOLESCENT BOYS," *JAMA*, VOL. 321. No.3, JANUARY 22, 2019, PAGES 256-265.

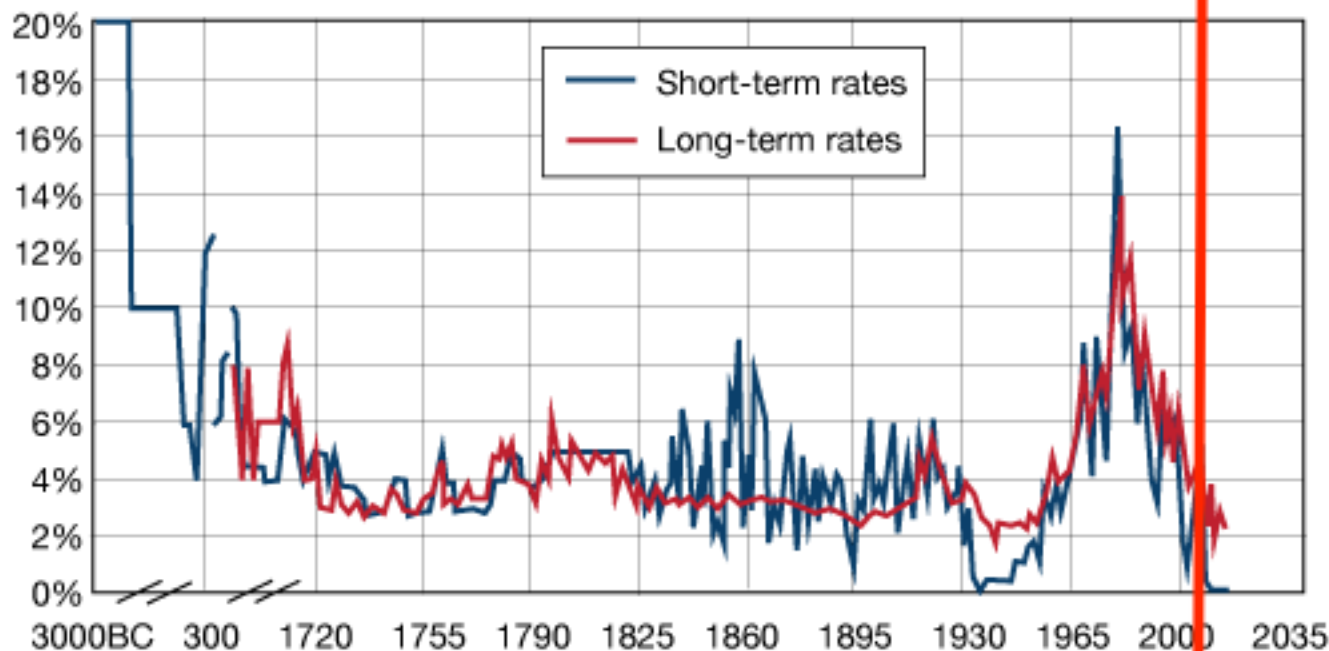
** DESPITE THREE HARVARD DEGREES DEMANDING DEEP STUDY OF POLITICAL SCIENCE AND ECONOMICS, I WAS NEVER TAUGHT THESE RELATIONSHIPS. I HAD TO LEARN THEM ON MY OWN IN MY PARALLEL CAREER AS A TELECOMMUNICATIONS EQUIPMENT DESIGNER. I AM A SENIOR MEMBER OF THE INSTITUTE OF ELECTRICAL AND ELECTRONICS ENGINEERS.

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MINOR UPDATE MARCH 5, 2019 AS HPT171B.PDF MINOR EDIT MARCH 10, 2019 AS HPT171C.PDF
ADDED BRJCP REFERENCE ON MARCH 12, 2019 AS HPT171D.PDF



A History of Time and Money

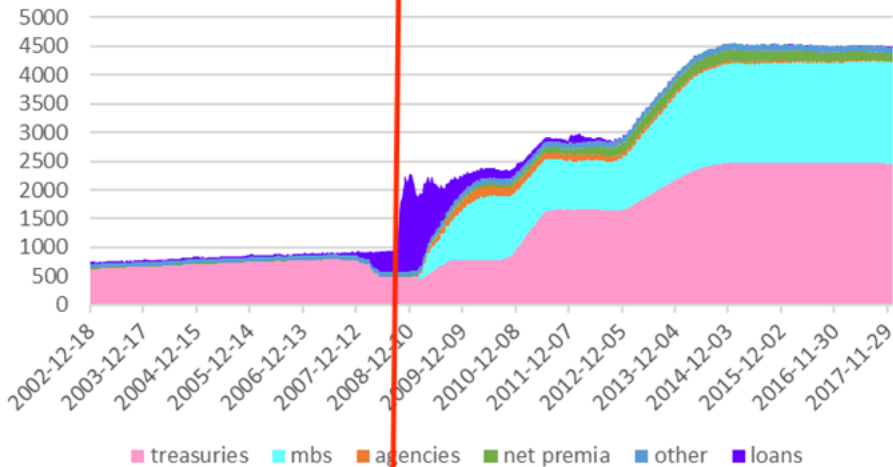
Still the Lowest Interest Rates in 5,000 Years!

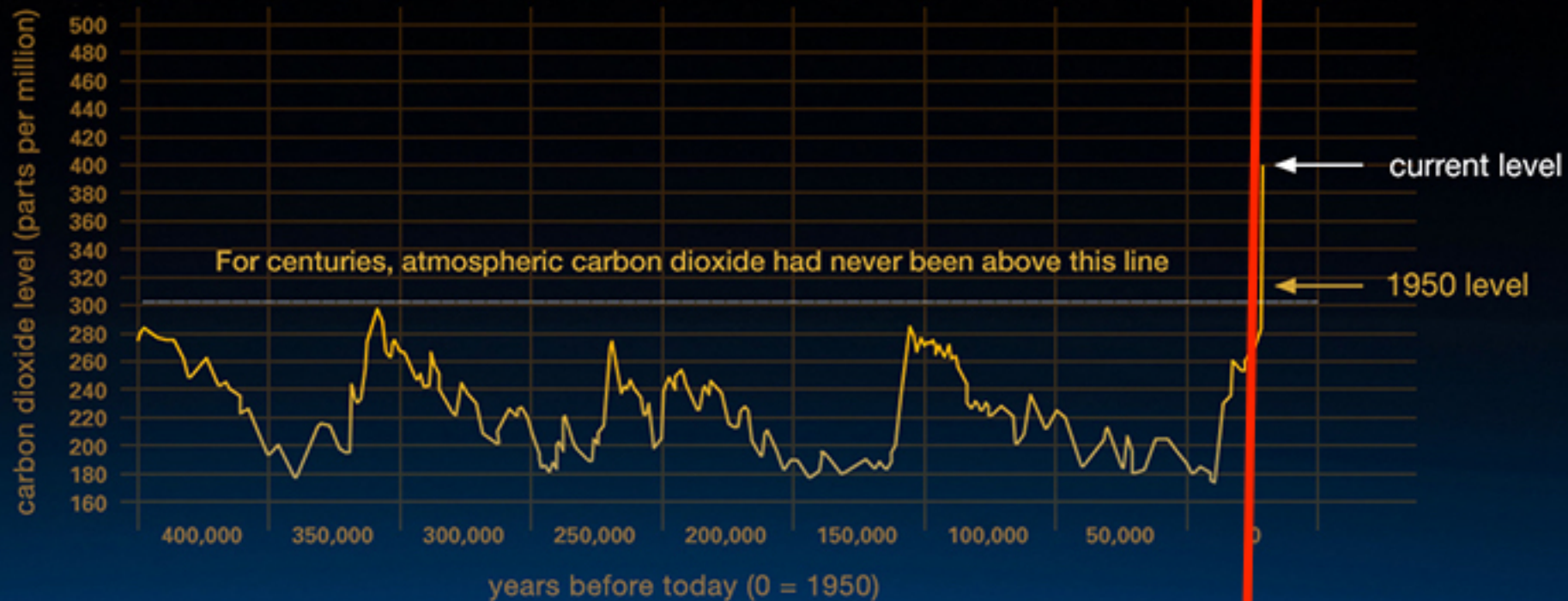


Source: Bank of England, Global Financial Data, Homer and Sylla "A History of Interest rates"

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Federal Reserve assets (billions of dollars)

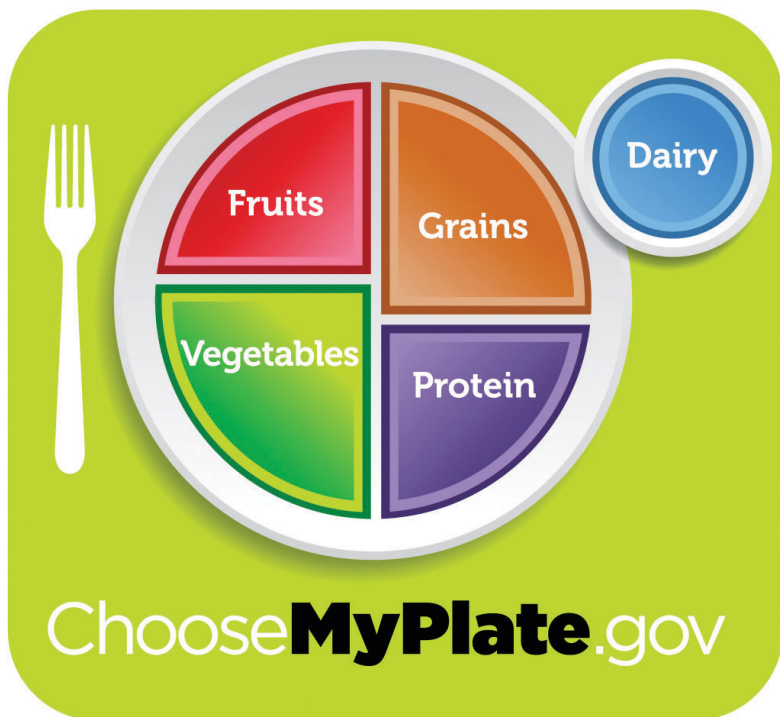




and *causation*. Two factors may be associated; however, this association does not mean that one factor necessarily causes the other. Often, several different factors may contribute to a health outcome. In some cases, scientific conclusions are based on relationships or associations because studies examining cause and effect are not available.

Stage 3: Implementing the *Dietary Guidelines for Americans*

In the third and final stage, the Federal Government implements the recommendations in the *Dietary Guidelines*. Federal programs apply the *Dietary Guidelines* to meet the needs of Americans and specific population groups through food, nutrition, and health policies and programs and in nutrition education materials for the public. Although the *Dietary Guidelines* provides the foundation for Federal nutrition and health initiatives, it is each Federal agency's purview and responsibility to determine how best to implement the *Dietary Guidelines* to serve its specific audiences. For example, one way USDA and other Federal agencies can implement the *Dietary Guidelines* is through MyPlate, which serves as a reminder to build healthy eating patterns by making healthy choices across the food groups. Both Federal and nonfederal programs may use MyPlate as a resource to help Americans make shifts in their daily food and beverage choices to align with the *Dietary Guidelines*. For more information about *Dietary Guidelines* implementation for the public through MyPlate, see Chapter 3. Everyone Has a Role To Play in Supporting Healthy Eating Patterns and Figure 3-2.



Implementation of the *Dietary Guidelines* Through MyPlate

MyPlate is a Federal symbol that serves as a reminder to build healthy eating patterns by making healthy choices across the food groups. For more information about *Dietary Guidelines* implementation for the public through MyPlate, see Chapter 3 and **Figure 3-2**.

The *Dietary Guidelines* recognizes that many factors influence the diet and physical activity choices individuals make. The United States is a highly diverse nation, with people from many backgrounds, cultures, and traditions, and with varied personal preferences. It also acknowledges that income and life circumstances play a major role in food and physical activity decisions. Significant health and food access disparities exist, with nearly 15 percent of U.S. households unable to acquire adequate food to meet

their needs because of insufficient income or other resources for food.^[4] These factors—along with the settings in which people live, learn, work, and play—can have a profound impact on their choices.

In addition to implementation by the Federal Government and as discussed in Chapter 3, ample opportunities exist for many other sectors of society to implement the *Dietary Guidelines* in the multiple settings they influence, from home to school to work to community.

[4] U.S. Department of Agriculture. Economic Research Service. Food security in the U.S. Key Statistics and Graphics. [Updated September 8, 2015.] Available at: <http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics.aspx>. Accessed June 10, 2015.