

## Obligation 2

Protect, human body from conception!

**Threats (Dangers)** to a human body come from climate, genetic modification, illness, negligence, incompetence, pollution (**disaster, human action**) and violence. Attending to threats is a human body survival need. A community duty.



Protecting the human body is a team effort. It means close co operation between an individual. Their family, friends, neighbors, the community and all type of Government.

Protection begins at Conception (**He sperm bonds with She egg**) and ends with Cremation. Protecting entails climate protection, contain violence, end genetic interference, pollution minimization, prevent, treat illness, punish negligence and tackle incompetent's.

Protection of human body is everyone's duty.

**Survival Prayer**

**1 God** is waiting to hear from you !

Dear **1 God**, Creator of the most beautiful Universe  
Your most humble faithful custodian guardian (1<sup>st</sup> name)  
Thanks' you for the survival of humankind  
I endeavor to help my body, specie, community survive  
I shall make survival my number 1 priority  
Please support my efforts to survive  
For the Glory of **1 God** and the Good of Humankind  
This prayer is used on Survival day or when appropriate !



Celebrate: **11.1.7. Survival day (NAtm)**!  
At your local Gathering. At Shire events!

In an emergency the Survival order is :

**Survival order:** 1 Specie, 2 Habitat, 3 Community, 4 Family, 5 Individual, 6 Animals, 7 Personal belongings.

**Survival by Age:** 1 Unborn, 2 New-born, 3 Baby, 4 Child, 5 Juvenile, 6 Adult, 7 Senior.



## To survive the human body needs, Climate protection.

**Climate threats:** Sun (radiation), Temperature (hot, cold), Wet (chill, hypothermia), Wind (burn, chill, dust). Climate protection consists of head protection, protective clothing, protective shelter. Threat to human body bare skin (nudity) exposed to elements.

**Hps 1 (Head protection standard)** everything needed to protect your head. Head protection consists of : Ep1, V-Helmet, Balaclava, K-Scarf.

**Ep1 (Eye protection)** is divided into 2 sections: Practical: single lens (visor). Fashion: 2 lenses (spectacles).

**Spectacles rim:** needs to keep out airborne particles on all sides (top, bottom, sides). Is break resistant (does not break when sat on). Can be any color may be ornamental.

**Lenses:** unbreakable, highly scratch resistant, block UV rays, not fogging up, glare adjusting (changes darker, lighter, lighter, darker).

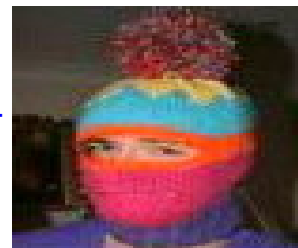
### Eye protection is always worn when outside !

**V-Helmet** head protection against knocks. hair and head need climate protection from cold, wet, extreme radiation and pollution. A head also needs protection from knocks: a V-Helmet with in build GPS tracker, phone, video recorder..

The outside shell is metal or synthetic. It has a midline ridge that can be decorated: plumage.. A leather chin strap holds a microphone. A visor is curved sideways and straight up and down, unbreakable, highly scratch resistant, blocks UV rays, not fogging up, glare adjusting (darker, lighter, lighter, darker). The helmet has a leather back as neck protector.

A **V-Helmet** has inside leather padding. Embedded in the padding are ear pieces. A **Balaclava (Beanie)** or **K-Scarf** can be worn under a helmet. To keep inner lining of a helmet clean from perspiration, dandruff and grease. Outside accessory: bright light, infrared light, cam corder.

**Balaclava (Beanie).** Balaclava cover the whole head exposing only the eyes. Is knitted out of wool or a mix of cotton and wool (no synthetic fiber). Can be any color or pattern may have a decorative pom pom on top. When no face and neck protection is needed Balaclava can be rolled up and become a 'Beanie'.



**K-Scarf.** K Scarf can cover a head exposing only the eyes. It acts as a head cover and a veil (maximum protection). Is knitted out of wool or a mix of cotton and

wool (no synthetic fiber). Any color or pattern.

**Balaclava** or **K-Scarf** both protect by covering the nose and mouth. Inhaling pollution, deadly contagious diseases and stinging insects are avoided. Reduces the effect of dry and cold air. Allergies and Asthma are reduced. Contains spreading contagious disease.

## Head protection is always worn when outside !

**Protective clothing** is needed to protect a human body from climate, disease, pollution. Main body parts protected by protective clothing are head, skin, feet. Protective clothing should always be worn outside.

**Skin** needs lots of **protection**, from bites (animals, human), stings (insects, needles), infections (bacteria, fungi, germs, virus), radiation (heat, solar, nuclear), exposure (acid, fire, frost, sharp edges, wet).



**Bite protection:** avoid angry, dangerous animals and humans.



**Sting protection:** cover skin (Protective clothing). Don't tattoo or body pierce (self mutilation by tattoo, body pierce is abnormal sick, may cause infection) . Protect fingers when sewing.

**Infections protection:** Clean skin, cover with protective clothing. Healthy diet, daily exercise, herb and spices, supplements and immunization.



**Radiation protection:** cover skin from heat, solar (protective clothing). Nuclear a special suit covering 100% of body. **Warning!** Exposing bare Skin (nudity) to the elements (weather) is unhealthy.

**Exposure protection:** Protective clothing, coverall (with hood) or 2 piece made of flax, cotton, wool, or a cotton, wool mix any color any pattern (no synthetic fibers). Either (coverall or 2 piece) have a t shirt neck, puffed\* arms, legs closed at wrists and ankles (draft proof).

\*Puffed arms, legs allow elbow, knee joints to move freely. The air inside creates climate control for skin and body.

**Clothing** needs to be made out of natural fibers: animal hides, plant fiber, silk, cotton or wool. Artificial fibers are not used for clothing or anything touching human skin. The production of artificial fibers for clothing ends, existing stock is recycled for other purposes.

**Feet** need protection (socks, boots) from climate and knocks. Skin, toes, ankles are at risk. Going barefoot is



a health risk! Outside always wear foot protection.



**Socks** are made out of cotton, wool, or a cotton, wool mix any color any pattern (**no synthetic fibers**). Socks have pure silver particles (**no alloy**) woven in, giving anti bacterial, anti microbial and anti static properties, reducing odors. Socks cover Feet up to 7 cm above Ankles.

**Boots** have upper protective leather (**no synthetics**), inner soft leather (**no synthetics**), soles leather or rubber (**may be recycled**). Boots are to protect feet up to 7 cm above Ankles. **Note!** Foot protection that does not protect (sandal, slippers, thongs) feet and ankles are useless. Foot protection should always be worn outside. Walking barefoot outside is unhealthy.



**Hand** protection, gloves are worn as needed! They are made of leather, cotton, Wool, or a cotton, wool mix (**no synthetic fibers**) any color any pattern.

Protective clothing is always worn when outside.

**Protective shelter** (home, living, work) a human need. Protection from crime (**security**), elements (**weather**), fire, insects and pollution. Affordable protective shelter is a **1 God** given right! Custodian guardian prefer cluster housing (**community living**).



**Room's** floor, walls, ceiling, consist of cyclone, fire and high humidity resistant precast concrete panels.

**Floors** are wet mop cleanable, non slip, anti static, mold and mildew inhibiting, hygienic.

**Windows** horizontal sliding are transition tinted double glazed. Square non wood frame. There are no curtains or drapes (**unhealthy: dust, germs, insects..**) instead outside shutters (**lockable**) and inside horizontal sliding insect screens.

**Doors:** Rectangular non wood frame. **Outer**, solid, lockable inside and outside opening insect screen door, 1 way vision. Inner, solid, fire resistant, lockable inside.

**Heating\*** central heating (**steam, hot water**) is used. Cooling is natural air circulation. Room temperature 19-21°C. Feeling cold put on warmer cloth. Don't crank up heating! \* Energy wasting is a Crime MS R3

**Lighting\*** is automatically switch On, Off. \* Energy wasting is a Crime



Non domestic shelter roof consists of solar panels.

Humans have a **1 God** given right to affordable secure living quarters (**Shelter**). Government has a duty to supply its people with affordable secure shelter. Shelter (cluster housing) is supplied by '**Shire**' (Local Government). All affordable living quarters are rental units.

Protective shelter for survival, security, comfort..

## Exposing bare skin is nudity (He, She)

Exposing bare skin (nudity) to the elements (Weather) is unhealthy: Dust, abrasions, frost, heat, infections, radiation, stings, wind, wet. When outside cover skin and hair !

Bare skin exposes skin to dust. Dust dries up skin, clogs up skin pores stopping skin from breathing. Clogged up skin pores are the breeding ground for infections (itchy, painful). Wash dust off! Use moisturizer! Wear protective clothing when outside!

Bare skin increases having abrasions which damage skin are painful, untreated may lead to infections. Treat abrasions by cleaning with mild soap and water. Cover abrasion with dressing, hold in place with sticky tape. Do not use antiseptic or cream!

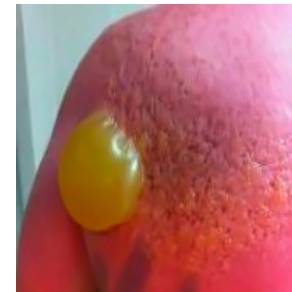
Bare skin exposes skin to frost. Frost damage to skin may be permanent. Remove, victim from the cold. Fill a shallow container with enough water heated to 37 C to cover the frostbitten body part.

**Never rub or massage frostbitten tissue!**



Bare skin exposes skin to heat. Heat dries up skin, may destroy it, leading to long term pain and suffering. Severe and blistered burns require prompt medical attention.

Bare skin exposes skin to radiation (Solar). High UV radiation makes skin very sick. Often recognized too late! Seek medical advice. Sun bathing (lying exposing skin to damaging solar radiation) resulting in skin cancer is a self inflicted injury! It is not covered by free public health! **Note!** Don't feel sorry for these people. They are arrogant, bad vain people. Shun and Shame!



Bare skin exposes skin to wet. Prolonged exposure to wet alters body temperature. If it lowers body temperature too much (hypothermia) illness occurs. Seek immediate help! Wrap up, keep person warm.



Bare skin exposes the skin to stings. Most common are insect stings (Bee, Hornet, Mosquito, Wasp..). Insect stings are painful cause skin irritation, swelling and often severe sickness. Seek medical help!

Bare skin exposes the skin to wind. Wind dries skin, may burn it. Clean skin, use moisturizer !

**Warning!** Exposing bare skin to the elements (Weather) is unhealthy. Skin protection (Protective clothing) should always be worn outside.



Bare skin (nudity) in public or media is a moral issue. Nudity outside the home is immoral it shows a lack of shame being trashy. The more skin a He or She show the more trashy they are. Trashy people are to be treated like Trash. They are a blemish on any community.

Human's swimming is not natural. A human body is not designed to live in or underwater. Swimming in or underwater is unnatural, unhealthy, it should be avoided. Natural waters Oceans (seas) and inland waters (lakes, rivers..). Unnatural waters swimming pools, spa's..



**Natural waters** are a toilet to all creatures living in the water. Birds flying over the water do their droppings. People on beaches urinate, throw up, menstruate.. Animals and humans sewerage end up in inland waters, oceans. Swimming in a toilet is unhealthy to skin. Gulping toilet water is a great health risk. Don't do it! Protect children.

**Note!** Many white sand beaches are fish poop. People going to a ocean beach. Lie in fish poop and swim in pee. Yuk!

**Natural waters** sponge like absorb pollution, toxin.. Air pollution: ash, acid rain, (burning, eruption), dust (mining, storms), nuclear radiation (power stations, military). Air pollution enters a food chain (by air, soil, water) finally ending up being part of a (health risk) diet!

**Water pollution:** Drilling, dumping, runoffs, water transport. Drilling for fossil fuels pollutes air and water. Dumping of chemicals, raw sewerage, drugs, garbage, toxins, is happening daily. Runoffs (toxins, chemicals, drugs, garbage, raw sewerage) from



storm water, industry, farms, pollute. Water transport bulk carriers, cruise ships, submarines, trawler, super tankers, warships are big polluters. Smaller water transport also pollute especially inland waters.



Polluting air, soil, water is, 'Environmental Vandalism' a crime: **MS R7**. All pleasure boating and cruising ends.

**Unnatural waters** contain a mixture of chemicals that dry up hair, skin and irritate eyes. Swimming pools and spa's are avoided. Swimming pools are elitist waste of scarce fresh water.



**This waste ends!**



**Humans** were not designed to be sea creatures! Wealth Apartheid has resulted in bored idle have too much, invading natural waters. The living space of a multitude of sea life forms. This criminal human invasion of natural waters has led to a defensive reactions by **1 God** creations of the sea.

**Harmful algal bloom** is caused by urban, suburban runoff. It causes significant harm to animals, humans, environment, economies. Unfit to drink it or swim in it.



**Jellyfish** use their tentacles to sting. Some only irritate skin. Other' are painful, creating painful blisters. Jellyfish toxin is deadly when stung many times as there is a build up of toxin. Not knowing if there is a build up of toxin. It is best to seek medical help, fast.



**Cone snail** can sting through gloves. The geography cone is the deadliest, with more than 100 toxins in its small body. There is no anti venom for cone snails. Symptoms are slow to show. Seek medical advice.

**Stonefish** are one of the most venomous fish. When stepped on forces venom into the foot. Outcome (**life or death**) often depends on how much poisonous venom entered the body. The location of the sting, how soon the person received treatment. Numbness or tingling can last for several weeks after the sting.

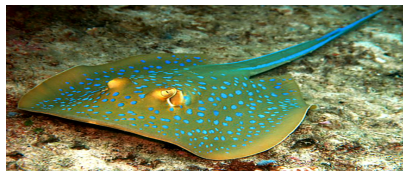






**Blue ringed octopuses** are a most venomous marine animals. Their venom causes severe and often total body paralysis. Because of the paralysis that occurs, bitten have no way of signaling for help or any way of indicating distress. **No blue ringed octopus anti venom is available. Keep person breathing.**

**Sea urchin** injuries to tissue from it's spines can be severe. They swell, become red, inflamed and can become extremely painful. They are prone to infection. If allowed to spread in the blood through out a body. Making you sick. **Uncontrolled infections can kill.**



Stingrays have a sharp, venomous painful stinger which they aim at an intruders heart. When stung in the heart only immediate medical help will save a person. **Don't swim above a stingray.**

When **Sea lice** are about, the first thing you notice when you jump in the ocean is their sting all over your skin. For something so small, they can certainly pack a punch; it is almost enough to put you off going in the water. **When bleeding seek medical advise.**



Sharks clear the oceans of sick weak creatures. When humans invade (swimmers, surfers, scuba divers..)

the Seas. The Shark becomes the protector of the seas. When their is a shark attack. The humans are the criminals. **Don't kill the shark cage the humans, MS R3.**

## Shun, Shame!

**1 God** created the seas for sea creatures and food for creatures in air and on land. As well as for humans. He didn't create the seas for human thrill seeking. Swimming, surfing, water skiing, boating, cruising, snorkeling are Environmental Vandalism, it ends.

**Greatest threat** to a human body '**GM**' (Genetic Modification)

**Genetic Modification (GM)** is Anti **1 God**, a threat to humankind, all other creatures and environment. GM is humans interfering with **1 God's** design, not acceptable! **It Ends!**

**GM Crop** because of the flow on effect alters the whole food chain (people are part of this). Creating mutations which create new allergies, un



known diseases, life threatening global plagues in all members of the food chain! People will become more sick, die younger, more sick babies, more miscarriages, mutations, disability...

Cure to this threat to humankind and ecosystem is prevention and treatment. **Stop:** GM research, GM seed manufacture and GM Crop growing. **Prosecute:** GM Scientist, manufacturing executives, crop growers, directors, owners for "**Crime against Humankind and against the ecosystem**", **MS R7!**

Government eliminates threat by scorching GM research and seed production facilities. GM Crops are burned. Contaminated soil were GM-Crops were grown is scorched 3 years running. Government that doesn't implement prevention and treatment, is replaced.

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## Zero Tolerance to GM !!!

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### Disability

Disability by birth, accident, illness, violence. Disability may be emotional (anxiety, depression..), mental (psychosis, schizophrenia..) physical (amputation, blindness, deafness, dementia, quadriplegic..) sexual (homosexuality, paedophilia, transgenderism). Disability is a community issue. It overrides family or individual wants. Any disability that interferes with moral quality of life of family, siblings, community. Is dealt with by community services:

**SmeC** 'Shire medical education Complex' (emotional disability).

Provincial Sanatorium Services (mental disability).

Provincial physical disability Services (physical disability).

Provincial sexual disability Quarantine (sexual disability).

Why does a person have a disability. It is not punishment by 1 **God**. It is a challenge for the body to handle. A life experience part of a Soul's mission (see scroll 1, Afterlife).

The greatest threat to the individual is '**Violence**'

Violence starts with the unborn. Violent surroundings instill the propensity to violence for the rest of the life. The propensity to violence needs a trigger to turn violent. **Triggers:** Alcohol, anger, contact sport, fear, fight sport, ignorance, humiliation, lack of empathy, mind altering substance, peer pressure, provocation, violent video, violent video games..

A unborn exposed to mum, dad verbally abusing each other. Learn that it is okay to verbally abuse and will do so later in life. A unborn exposed to mum being physically hurt by dad. She newborn will later in life endure physical abuse by He. He new born will think it's alright to hurt She  
Violence can come from another individual (s). It may come from wildlife. It can come from Pets. It may come because of Government action or inaction. It comes with foreign invasion.



A community living with and not holding 'Violence' accountable. Will **'Kill'!** (Abortion, Assassination, Death penalty, Genocide, Massacre)  
Killing a person is a threat to all Humankind an insult to **1 God !**

No Person, Organization, Government has a right to Kill !!

**Killing is never a Solution !!!**

**Stop, 'Violence', start at home !**

Violence is not the answer. It is not a solution!

Every community member has a human survival duty to contain Violence. Join (start) Neighborhood Watch (see Shire Sentinel). Observe, report, arrest (civilian)..  
Make your community a crime free zone! Use:  
'No violence concept' as guide (see 1 Church).



## Hygiene

Pandemics have shown us how important hygiene is for good health and survival! The following are every day hygiene part of a daily routine!  
Make them your daily routine:

Wash face and hands before every meal !

Wash face and hands after coming inside from outside !

Brush teeth wash whole body before going to bed!

Change (protective, indoor) clothing every time you come in or go out !

For a healthy lifestyle use the custodian guardian daily routine !

Every person has a survival duty to protect their body from emotional and physical dangers, continuous.



**AS it is Written It Shall Be**