

# In A Nutshell

"... I could be bounded in a nutshell and count myself a king of infinite space..."  
Wm. Shakespeare

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## Up In Smoke

by reinhart

So let's talk about smoking again. Smoking is bad for your health. True. Smoking causes numerous types of cancers. True. Smoking can cause lung cancer, stomach cancer, bone cancer, leukemia and probably other types of cancer as well. All true. Smoking can cause emphysema, respiratory disease and cardio vascular disease. True. Smoking can contribute to heart attacks and strokes. True.

Second-hand smoke can severely impact the health of non-smokers. Maybe. It would depend on the amount of exposure of the non-smoker. In days gone by when smoking was allowed in bars and restaurants, the waitresses and people working in these establishments would certainly have received enough smoke exposure to cause health issues. This is no longer the case. Smoking at bus shelters or a few feet from the outside entrance of buildings does not produce enough exposure to cause health concerns for non-smokers. In fact, the air pollution that we all inhale every day, caused by industry, agriculture and the exhaust of combustion engines, is far, far more dangerous and unhealthy than most second-hand smoke exposure. Suck it up people!

Smoking costs the health care system, the government and the tax payers millions or billions of dollars. False. Indeed the very opposite is true. Smoking saves the health care system, the government and the taxpayers millions or billions of dollars. The greatest consumers of health care services are by far the elderly. Smokers, on

average, die significantly sooner than non-smokers and therefore consume far fewer health care services and dollars. If these savings are added to the taxes that government collects from the sale of tobacco products the savings are astronomical. Put that in your pipe and smoke it!

Tobacco smoke contains hundreds of different chemicals. True. The effects of these chemicals on the human metabolism is as yet unknown. True. Most likely research along these lines will commence in the not too distant future. However, some results have already come in. It has become apparent that some of these different chemicals at different concentrations can have different, and even conflicting effects. For example: Research

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*"Smoking can contribute to heart attacks and strokes. True."*

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seems to indicate that casual or light smokers derive a soothing, calming and relaxing benefit from smoking. Heavy smoking result in agitation, anxiety, nervousness and restlessness.

Furthermore, the evidence indicates that smoking has a special significance for mental health consumers. More than 90% of people with mental illness are smokers. Especially those suffering from schizophrenia or bi-polar disorder. Calmness and relaxation versus agitation and anxiety are often part of the profile of a mental patient's diagnosis. Mental patients who are also heavy smokers require, on average, higher dosages of

medication than do non-smokers or light smokers. It seems that some of the chemicals in cigarette smoke, at high concentrations, can have a neutralizing effect on many anti-psychotic medications, or on the body's metabolization of these medicines. Or perhaps it is solely the effect of tobacco smoke itself that may result in anxiety versus relaxation. Nevertheless, what the patient feels and experiences is of import to his/her condition.

As mentioned above, light smokers can find their habit soothing and relaxing. Strange as it may appear, light smoking may be of benefit to the mental health of many mental patients. What the dividing line is between heavy and light smoking is as yet still uncertain. As is the mental health effect of a medium level of cigarette smoking.

## Roberta, Good-bye And Thank You

by Kevin Chapin, Board Chair

Roberta Chapman is leaving the MPA after close to five years of leadership in her role as Executive Director.

During her tenure she has built many foundations for MPA. Through her initiative with the Board of Directors, a member advisory council was created to enhance direct member representation to the Board. Roberta spearheaded several major capital improvement projects, attracting over \$3 million in funding to the organization, which will ensure a long future for existing MPA programs. Through her efforts, new programs and opportunities for members were developed including new housing projects at Beckman

House, in Maple Ridge, and Kidder Place in Vancouver.

Roberta was a strong advocate for raising the public profile of MPA, which took the membership through a name change as well as fundraising efforts for the organization. Roberta sat on many inter-agency committees ensuring the needs of MPA members and staff were well-represented at community tables.

In short, Roberta leaves a strong organization whose Board, management and staff team are poised to meet new challenges and initiatives in the future.

The Editorial Board of **In A Nutshell** welcomes letters, articles, and poetry on mental health issues from you, our readers.

**In A Nutshell** is a publication of the M.P.A. Society. The MPA is a non-profit organization that offers a variety of programs in **ADVOCACY, HOUSING, RECREATION** and **SOCIAL ACTIVITIES**. Editorial Board: Jim Gifford, Paul Strashok, Ely Swann, reinhart. All works are © The individual authors, 2007.

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# Happy 60th

by Satya Devi

If Jim Gifford hadn't had a life-altering experience after his Law-school, he would still be championing the causes of the Under-dog and living in a sub-let because he could never turn anyone away. But, Law-society's loss is the Mental Health Consumers' gain and knowing Jim as Editor of *In a Nutshell*, I am honoured and happy that a good edition somehow gets out four times a year and under the guidance and fairness we all let loose with our various fugues and angles, and look over ours and new submissions which are often beautiful and startling. The

*Nutshell* has survived all these years as a good journal and continues to be so under the guidance of Jim's enthusiasm and ability to generate some of that enthusiasm amongst all of us. Here's looking at you, Jim. Love, Satya, Alfie and Moh.

There is another way to look at all this: Jim is going through a "phase" and will pick up his studies as soon as it's over—Hell of a long "phase", Jim, you bard, you friend, you very special and prolific artist!

## In The New Year

by Terrence Levesque

After the dull weather comes the spring. A new year, fresh and new comes again. All the things of the intellect are stimulated and we can once again carry on with the business of being alive. We are moving on with our lives. Only now we are more mature. We have a clearer picture of who we are and of our place in the greater scheme of things. I, personally, feel better about myself and I have a greater understanding of my entire life

Although some people have passed away, the world keeps turning and I am actively interested in the world I live in. It is a daunting task to pick up the pieces of a shattered life and to put my best foot forward. I must keep things together and to move ahead in concert with those I deal with every day.

I move at my own speed and the world does not know me. Although there are many things happening in the world, I view it from my own perspective. It is clear that change has taken place. All the things of the past have faded with time. What I do now, in this present day, may determine

the rest of my life. It is not to be taken lightly. Many new things will come forth and I anticipate a new start. I always have an eye out for something new.

As I move forward, I take an interest in politics both here and abroad. I do not want to feel isolated in my own little world. I am a citizen of Canada and I take an interest in our standing in the world.

I write about things that I feel are important to me, although they may not be of interest to others. I hope to be able to clearly state where my interest lies and to put into words my feelings on certain subjects.

It is 2008. How the time flies. What new things will tomorrow bring? In the spring of the year I will lift my eyes to the horizon and see the world from a new angle. Much has been forgotten, much is to come. As I sally forth on my life's journey I am hoping for bright days. After the

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winter comes the spring and all things are fresh and new.

Sunday morning coming down. The snow is falling fast. A freezing wind is blowing and I am safe indoors. I often dream of warmer climates, yet I do not want to go where it is too hot. It seem that it is either too hot or too cold. There is no happy medium.

But I have survived for sixty years. I try to take the weather in stride. This kind of weather sends a shiver through my bones and I feel the dampness and the chill. If you are out in this kind of weather too long it can be deadly. I always dress appropriately and I don't take unnecessary chances. All across the land we must go through the winters and summers. This is what it means to be alive.

And when the winter has passed and we are into spring, I will take my usual walk upon the street. The winter and summer weather is outside

of human thought and it makes us appreciate our existence. All the things of the heart are small things when they are measured against the outside world.

Though we must pay attention to the weather, we must also attend to our human needs. We must have food and shelter. We must keep any appointments we have with other people. We must keep up with our friendships and if we have families we must be sociable and stay in the real world. These are just the basic things. But we cannot spend time in higher thought without attending to our basic needs.

When the weather is like this, I would stay inside and read a book, watch television or listen to music on the radio. As I sit at my desk writing, I realize that this is the real world.

Some people have jobs to do. Other people are having coffee at the café. At this time of year there is not much sun and people are sheltered from the storm. I will turn my face to the weather, staying warm and dry. I dream of warmer climates and I will wait for spring.

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*“...if we have families we must be sociable and stay in the real world.”*

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## Quotes:

“Therefore all seasons shall be sweet to thee,  
Whether the summer clothe the general earth  
With greenness, or the redbreast sit and sing  
Betwixt the tufts of snow on the bare branch  
Of mossy apple-tree,”

Samuel Taylor Coleridge

“Year chases year, decay pursues decay,  
Still drops some joy from with'ring life away;  
New forms arise, and diff'rent views engage,”

Samuel Johnson

# The Mastery Of The Mind's Eye

by Frank G. Sterle, Jr.

## Introduction

The Hale-Bopp comet, of closest proximity to Earth on March 22, 1997, consists of certain elements: ice, rocks, carbonaceous chondrites, methane, as well as organic chemicals such as ethanol, carbon and silicates. However, Hale-Bopp's passage by Earth apparently had been greater than the sum of its parts; and at one point during the time of its passage (most notably March 22, 1997), Earth was engulfed by the contents of the comet's potent two tails, one of which consists of ions and the other of dust.

Due to the passage by this comet (which is not due to come back our way for about another 2,370 years), a very small quantity of psychic people had their paranormal abilities greatly enhanced. Some psychics could sense future events – of a good nature and/or a bad nature, while some psychic people could become aware of approaching dangers (e.g., earthquakes); some such people could sense the presence of spirits or see in their mind the exact location of a missing person – dead or alive.

Many years before the passage by Earth of Hale-Bopp, one prominent and accurate psychic stated on various public-access media that her "spirit guide" had communicated a message to her that the comet's passage, more specifically the zenith of proximity to Earth, would considerably increase psychic abilities held by a very small number of people. When asked why these select few will receive such abilities, the TV psychic replied that her "spirit guide" revealed to her that, people who in their previous life endured mental illness and then died an unnatural death, then

were reincarnated in a body again afflicted with mental illness of some sort and to some degree, would find themselves with psychic abilities of some sort and to some degree.

## Part 1: That's the Spirit, Sir!

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*"Some psychics could sense future events - of a good nature and/or a bad nature, while some psychic people could become aware of approaching dangers..."*

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"It seems that I'll never really get used to it," said the psychic, "to the spiritual infestations and the hairs on my arms standing on end."

The psychic, Patric Walsh, then closed his eyes and slowly took in a very deep breath, in through his nose and releasing it between his lips, as though he was attempting to inhale the residence's entire atmosphere, spirits and all. He was standing at the foot of the mansion's oak-wood staircase, partially carpeted in poppy red.

"It's here," Patric whispered. "They're here; and they're immense – very strong. May I walk through all of the rooms and spaces within

the entire house?"

"Yes; by all means," eagerly replied mansion owner Stockwell Phylmige, also owner and operator of the local ten-acre silver mine; a slight echo emanated from his wife of 47 years, Myra, who humbly added, "Go as you please, Mr. Walsh."

She tried to lead him up the stairs, but she is beaten to the task by her assertive husband. Although Myra seems to come across as one with an inferior demeanor towards her husband, she nonetheless is the bravest of the two (though Patric needed no ESP ability to sense this fact).

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# Offending Science

by Oliver Cross

"I loved my son."

"That's what every parent says."

—Dialogue, *CSI: Crime Scene Investigation*

The only way I can carry on in this world is with faith. If I think it through, we're fucked. I took time out in the last three years or so to spend more time with my faith, to develop my faith. Most of the time I imagined that someday I would get enough of that and go back to my life valuing more highly the busy world around us. Instead, I am finding myself more and more comfortable with being less and less involved in things I do not trust. My faith may be strong enough to carry with me no matter what I do, and I may never stop believing, even around things that do not work. There is no other way to explain the logic of the route of my life, the moments and times I was in danger, the lack of a common thread to guide me through, and yet today I feel and believe I am safe—inside at least, if not in our society, what it promises to hold in the future and what it more likely seems to hold.

We have a tendency in seeking understanding to generalize, to normalize, to reduce. We consider almost everyone, or almost everything. It is scientists who do this most. When we study forests, we come up with a description that includes most trees. When we study animals, we focus on a picture that describes the general species and its behavior. We come up with and work with averages.

Scientists believe in evolution—survival of the fittest—over compassion between creatures. It is

the tree with abnormal characteristics that may survive conditions that wipe out most of the rest of the population. It is the unusually big, strong, healthy or intelligent animal that may take a species to its next level of existence once every few thousand years. It is the odd fish who may move from the oceans to land. It is the uncommonly aware individual who may shed light where for others, ignorance remains. These events occur

to the very edges of the normal curve that scientists create for the purposes of easier study. The business of research, and politics, become a truly interesting proposition when we simply refuse to dismiss elements, items or ideas considered to be outside the norm.

Most scientists are in too much of a hurry to make observations truly based in reality. The scientific method is designed so that key observations to life and existence itself are missed, overlooked, or dismissed as meaningless.

As we come to know ourselves as individuals, we must not fall into that trap. I imagine that for some, getting to know me personally in some ways must be like watching paint dry. In relationships, some aspects of getting to know others takes me a couple of years perhaps where it may take others a few months to reach the same level of comfort or familiarity. Some may give up getting to know me, and others may conclude that no one can get to know me. How is that my problem? I know me, and I believe in myself, even if others don't.

Pleased to meet you (anyway).

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*"The scientific method is designed so that key observations to life and existence itself are missed, overlooked, or dismissed as meaningless."*

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# God – Please, Help Me Fight The Light

by Frank G. Sterle, Jr.

I'm going to endure my life's great fight;  
my chest and my heart will all be opened,  
a large procedure I can't comprehend,  
this might be my bleak life's very last night,  
Bible passages my priest just may cite,  
life changes he will surely recommend,  
assuring me of God's love as a friend,  
perhaps my updated will I should write.  
I'm told that I'll see a beautiful light  
if my heart fails and my life does end,  
while my soul, life force, indeed will ascend  
and the glorious light, so very bright,  
all that's left, all that matters does depend  
on my Maker not giving me invite.

# Every Colour Gets The Blues

by reinhart

My friend is black  
And not far back  
His father was a slave,  
My friend is brown He too came down  
From living in a cave.  
My friend is Muslim  
A shade of muslin  
He's been stamped as a knave  
An olive skinned Christian  
Is on a mission  
He's trying to cheat the grave.  
My friend is red  
His brother's dead  
He died just like a brave.

My friend is yellow  
A fine, old fellow  
Does the dirty work for me.  
One who's darker than I  
Is so happy that he could cry  
For the chance to work at drudgery.  
My friend is white  
He's a bit uptight  
About his history.  
My friend's a man  
Half white, half tan  
He only asks to be.  
My friend's a Jew  
He's just like you  
He's trying to be free.

Now I sit at my desk  
And give writing a rest  
While I collect my clues.  
'Cause I've heard it said  
All my friends bleed red  
And yet it still is news.  
For the things we love  
Go hand in glove  
With our bias and our views.  
And our hearts will break  
When love's at stake  
And we can't pay the dues.  
The hues of skin  
Are all the same within:  
Every colour gets the blues.



# perspective alternative

by reinhart

whenever depression and despair  
well up in my soul and my heart,  
i resolve to learn something new and unknown  
and i am once again, albeit temporarily,  
healed.

whenever anxiety and nervousness  
grip my heart and my mind,  
i meditate on the transience of life and death;  
and I am once again, albeit temporarily,  
healed.

whenever fear and paranoia  
strike at my mind and my spirit,  
i contemplate the impermanence of reality;  
and i am once again, albeit temporarily,  
healed.

whenever hatred, anger and envy  
assault my spirit and soul,  
i pray to the Lord of Love and Compassion;  
and i am once again, albeit temporarily,  
healed.

# She Rakes And She Rakes

by Frank G. Sterle, Jr.

Into her modest litter pit she takes,  
relieving herself within her small box,  
she knows this is her place with sand, no rocks,  
and soon she's finished, then the black cat rakes;  
and she doeth thus without taking breaks,  
she rakes as her paws sneak while no one gawks  
and she rakes while no one against her mocks,  
indeed she needs relief for goodness sakes.  
And she rakes sand soon after she awakes  
from a night's sleep to eat before she flocks  
to her sand box before her tummy aches  
or her intestine goes wrong, indeed blocks;  
obviously most felines love beef steaks  
and she will eat them until nature knocks.

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"This way, Sir," she gently asserted, guiding the psychic up to the first floor. "This way. I've actually seen it – them – go up and down these very stairs; and I've seen them – they look like nothing more than a light-blue mist – I've also seen them, up and down the staircase at the east end of the house."

The mansion was, on its exterior, eggshell white. It offered a crescent-moon shaped introduction, consisting of a driveway entrance half-circling into a driveway exit. Caught within this curvature was a half-circle shaped piece of well-kept grass surrounding two small pear trees, all of which consumed about 55 square meters. The only noteworthy aspect of the mansion itself are the two blue-green marble angels just up above the main doorway with their stature of apparent prayer and meditation, perhaps attempting to seek God's will to rid the mansion of its other-worldly inhabitants.

"Please, Myra ...," Patric softly requested of her, slowly raising his hand respectfully, "please, do not tell me where or when you witnessed an apparition or any other ghostly encounter. I need to not be, in a sense, contaminated by a residence's corporeal inhabitants experiences with the supernatural."

Myra fell silent and let Patric, followed closely by Stockwell, climb the stairs, up to the carpeted hardwood of the first floor.

It was with his first step onto that level that the 40-year-old Patric sensed something that he had sensed before, as both a spiritual- and residual-haunting psychic. Placing his second foot up next to his other foot, he realized there was something quite different about the place – the haunting. It was to do with him personally and directly; something like *deja vu*, yet it wasn't. Patric had been there before, and it was not in this lifetime of his; rather, it was many decades before, maybe even centuries. Furthermore, he, having sensed both an entity as well as a residual haunt, knew, psychically, that he was familiar with not only the mansion's currently haunted floors, walls and spirits, Patric somehow knew of *everyone* who had lived there over the countless years of its existence.

Not long after this sensation, Patric took five steps towards the long, reaching hallway, suddenly feeling dizzy and nauseous. However, before he could have a chance to vomit onto the Phylmiges'

expensive carpet, he lost consciousness and fell forwards to the floor like a wet dishcloth.

The couple was left bewildered and incredulous. Nevertheless, Stockwell, a field medic during the Korean War, did his duty and confirmed that Patric's pulse and breathing were regular.

"Did the prestigious psychic Patric Walsh just faint on our very floor?" Mrs. Phylmige rhetorically queried.

"Indeed, he did," replied a sarcastic Stockwell. "Well, we certainly won't be paying *his* bill." Myra chuckled, which was followed closely by that of her husband.

About five minutes of time lapsed before Patric came to.

"What, what happened?" he queried, with a curious-looking Myra and Stockwell standing over him.

"Are you alright; no broken bones or anything?" Myra dutifully asked.

"You fainted," Stockwell informed the psychic, with a somewhat arrogant snicker.

He reached down to give Patric a hand in getting up, which the latter appreciated with a, "Thank you, kindly."

"I don't know what happened; why I passed out," Patric seemed to beg the Phylmiges for some unwarranted forgiveness. "It's never happened before."

"If you cannot go on further, to continue, with your ..." Stockwell was giving Patric a somewhat-tempting way out of his work there, but Patric would have none of that.

"No, no; I'll continue," Patric insisted. "It's what I do for a living, after all, right?"

The couple stepped back a couple of feet to give Patric some space. He again took in a deep breath, followed by the closing of his eyes.

"To the spirits present – please, speak to me."

Then complete silence overwhelmed the mansion's spacious environment. "To the spirits present – please, speak to me," Patric said, once again. And, once again, a deafening silence.

Stockwell and Myra seemed to hold their breath as the psychic called out for the residence's ghostly inhabitants to connect with him. Again, "To the spirits present – please, speak to me."

This time, however, the air around the three corporeal forms became quite chilly, and it did so to the point that they were exhaling steam.

"They're with us – they're here, right now," said an excited Patric. "They're surrounding us."

## Part 2: Can You Picture It?

"What do they want of us?" Myra asked desperately. "What should Stockwell and I do?"

"Shush, Myra," Stockwell sternly rebuked his wife. "Let him concentrate."

Patric, his eyes still shut, smiled and informed the Phylmiges that, "they don't really 'want' anything; just the acceptance from you two, the current owners of this place – they wish for the right to stay here."

"But why do they need ask?" queries Myra. We cannot keep them from residing here, with us."

"But to them, you *do* need to give permission. The spirits here – there are four of them — are quite passive. You see, they're aware that they're in spiritual form, and in their corporeal lifetime, they also lived here, and they know how they would feel if there were spiritual forms existing here when they were alive; they also appreciate receiving acknowledgement and tolerance."

Patric stopped talking for a moment, took in another deep breath and exhaled. "Yes, there are four of them, four souls: one of whom was a teenager when he died, along with his little sister. The other two are older women."

"I'm not surprised," Myra interrupted, again, and again she was verbally chastised by her husband; she nonetheless added, "I saw them – I saw them all!"

Patric, having left the Phylmiges, was driving home while musing the fact that his experience at that residence was far more than just the clichéd notion of "deja vu." He *was* at that mansion before – many, many years ago; perhaps even centuries before, when the old mansion was built.

*Patric Walsh migrated to Columbia, South America, because he experienced fulfillment when he became involved with that nation's aboriginal culture and beliefs, both of which worked wonders for Patric's persistent chronic anxiety. Since he found peace of mind with them, he "returned the favor" by offering his psychic ability to connect the separate dimension(s) between the living and their deceased loved-ones. Patric lives there to this day and lives a very healthy and happy way of life.*

"Close your eyes, Michael, and relax. Breathe slowly and relax. Now, tell me what you can see. Please concentrate and focus – but also relax at the same time."

Michael Kolinski found that this request of him by the police investigator, Insp. Terry Ross, caused a sharp yet painless tingle in the center of his brain, followed by a rapid surge of images — coastlines of various bodies of waters, large and small cities, mountain sides, forests, rivers, towns, neighborhoods, various streets and people.

Gradually, the images subsided in number and speed but intensified exponentially in content. This increase in image intensity also soon became a crystal-clear image in his mind's eye of a lake. "I see a lake; actually, it looks like lake Tahoe."

"That's in this state, Michael; only two-dozen miles away," said Insp. Ross. "Now, keep going."

"Yeah, I know that, inspector," Michael snapped, rather abruptly, and with a strong hint of irritation (a symptom of the ESP strain on his mind).

"I now see the side of a hill covered with fir trees," he informed the inspector.

Then the image advanced more specifically into some trees, then just a half dozen trees surrounded by some brush (Michael momentarily ceased to inform Insp. Ross of the visions). The image then focused on a pair of legs, lying still, of a small or very young person, wearing light-red corduroy pants and worn dark-green sneakers. The pants are pulled down to the knees.

"I think I can see it – what you're looking for!" Michael exclaimed. "It looks like a pair of small legs, I think, like the legs of a child."

"Mr. Kolinski, it's crucial that you see a face. You've seen a very detailed photograph of the girl's facial features. Now, please, Michael, go forward and see her face."

"Jesus, inspector, how many missing little girls are there in that specific area?"

"Please, Michael; just try harder. Focus."

It can be argued that the inspector behaved atypically towards the 28-year-old Mr. Kolinski, considering that whom, or what, the inspector has

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*"...they're aware  
that they're in  
spiritual form,  
and in their  
corporeal lifetime,  
they also lived  
here..."*

---

at his disposal is a gifted man with an incredible talent. A man who can actually visualize the locations of human beings, dead or alive, and landscapes throughout the country (and perhaps continents). Without doubt, Michael is a man with a gift for which numerous police agencies would give anything or any amount of dollars.

"I'm trying to see if it's definitely her," Michael asserted. "I'm trying."

"Please, concentrate."

Eventually, the image in his mind's eye became more malleable, and he was slowly moving in to see the child's identity.

"And now I can see her head – *and her face!*"

Michael then gave Insp. Ross the affirmation that the latter sought so eagerly.

"It's her. Yes; I can see her face. And it's the girl you're looking for; it's definitely her."

"Thank you, Mr. Kilonski ... O.K., men; your attention," the inspector radioed to his team of service officers. "We have to treat this as a rescue and not as a body retrieval. She might still be alive and in great need of medical attention"

He looked back to Michael: "And if you'll just confirm her location again with my servicemen," he said to Michael, bleakly, for there was likely very little over which to celebrate. The missing girl was almost certainly dead.

Michael told the inspector's servicemen where to retrieve the girl and then sat down to retrieve his own thoughts within his own psychic mind.

He sat for a minute before recollecting his very first ESP visions at the age of 21. He'd close his eyes and relate the various images and their great velocity through his mind to his family and friends. The visions were passing by at such a high speed that he'd miss most of them and mentally, fully "capture" only a very few. And even then, he could not be sure if they were indeed legit visions of reality or if they were naught but the mental hallucinations of a schizophrenic, young man.

However, after a few years of experiencing and practicing such a talent, the visions became more vivid, and Michael found that they were passing by at a much slower rate – indeed, at a rate that very many could be "captured" and validated.

On his way home, alone as usual, in his pricey Camero, Michael felt good about that day's accomplishment. However, he also then felt rather guilty.

Sure, he might have contributed much towards completely solving a formidable mystery and thus helping out law enforcers a great deal. But, judging from his vision of her laying on that hillside, a very young girl was quite likely murdered and perhaps even raped.

*What can I do about that?* he consoled his conscience.

Yes, the girl's likely dead — that's a fact, and his job was to locate her; and, having accom-

plished such, his efforts may also lead Justice to apprehending her vile assailant. There's likely no more that he can do for her but assist Justice, and he felt that he should allow himself to feel good about all that he's done with his sixth sense. From just about 46 miles from his own house, at his home-state's FBI building, he will have helped Justice solve a large piece of a puzzle — and perhaps even the largest piece.

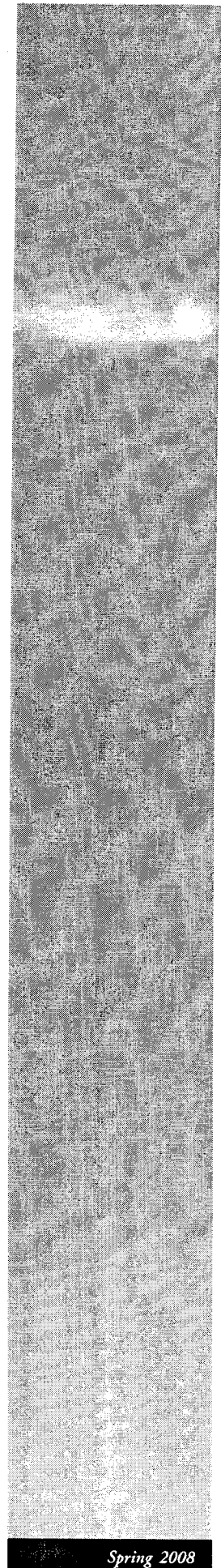
Unless the girl is, miraculously, still alive, Michael may have contributed towards apprehending and punishing some person who's committed one of the most serious of peacetime crimes.

*Michael Kolinski initially traveled to and resided within the devoutly Buddhist, albeit Chinese-occupied, nation of Tibet in an attempt to learn how to suppress his ESP abilities, for he found that they burdened him. More importantly, though, he wished to find peace from his often-tormenting schizophrenia, which would not subside regardless of the fact that he was consuming a strong medication cocktail, thrice daily, after having tried, to no avail, various other medications and dosages. He, however, finally did find his peace of mind amongst the friendly Aborigines of southern Australia, and by joining them in their cultural manner of living and their celebrations. However, Michael, who was only 32 years old when he left Tibet for southern Australia after about three years, died from a particularly poisonous snakebite.*

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*"Eventually, the image in his mind's eye became more malleable, and he was slowly moving in to see the child's identity."*

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## Websites of Interest to Consumers/Survivors/Ex-Mental Patients

This list is not intended to be comprehensive or exhaustive, and has left out many well-known sites that are widely available and easily accessible from local directories. This entire page in separate e-form for easy clickability will be sent upon request from: [duhring@shaw.ca](mailto:duhring@shaw.ca) )

### Organizations (General)

[www.mind.org.uk](http://www.mind.org.uk) [www.power2u.org](http://www.power2u.org) [www.mhselfhelp.org](http://www.mhselfhelp.org) [www.wnusp.org](http://www.wnusp.org) [www.tao.ca/~pact](http://www.tao.ca/~pact)  
[www.u-kan.co.uk](http://www.u-kan.co.uk) [www.mentalhealth.com](http://www.mentalhealth.com) [www.icspp.org](http://www.icspp.org) [www.oikos.org](http://www.oikos.org) [www.icomm.ca/csinfo](http://www.icomm.ca/csinfo)  
[www.aapd-dc.org](http://www.aapd-dc.org) [www.mindfreedom.org](http://www.mindfreedom.org) [www.geocities.com](http://www.geocities.com) [www.mdri.org](http://www.mdri.org) [www.breggin.com](http://www.breggin.com)  
[www.cvdinfobase.ca/mh-atlas/](http://www.cvdinfobase.ca/mh-atlas/) [www.szasz.com](http://www.szasz.com) [www.antipsychiatry.org](http://www.antipsychiatry.org) [www.peoplewho.org](http://www.peoplewho.org)  
[www.walnet.org/llf](http://www.walnet.org/llf) [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk) [www.fsu.edu/~trauma/ip.html](http://www.fsu.edu/~trauma/ip.html) [www.radpsynet.org](http://www.radpsynet.org)  
[www.contac.org](http://www.contac.org) [www.buildfreedom.com/ft/psychiatric\\_survivors.htm](http://www.buildfreedom.com/ft/psychiatric_survivors.htm) [www.samhsa.gov](http://www.samhsa.gov)  
[www.nucknfits.com/index.php](http://www.nucknfits.com/index.php) [www.cam.org](http://www.cam.org) [www.lino.com/~raiddat](http://www.lino.com/~raiddat) <http://en.wikipedia.org/wiki/Antipsychiatry> <http://aix1.uottawa.ca/~nstaman/alternatives/OVNVinternational.htm>

### Advocacy and Activism

[www.mental-health-matters.com/activist.html](http://www.mental-health-matters.com/activist.html) [www.m-power.org](http://www.m-power.org) [www.narpa.org](http://www.narpa.org)  
[www.protectionandadvocacy.com](http://www.protectionandadvocacy.com) [www.cchr.org](http://www.cchr.org) [www.popan.org.uk](http://www.popan.org.uk) [www.advocateweb.com](http://www.advocateweb.com)  
[www.gamian-europe.com](http://www.gamian-europe.com) [www.hri.ca](http://www.hri.ca) [www.hrweb.org](http://www.hrweb.org) [www.iahf.com](http://www.iahf.com) [www.benzo.org.uk/prawi.htm](http://www.benzo.org.uk/prawi.htm)  
<http://members.aol.com/jimhofw/jimho.htm>

### Alternatives

[www.talkingcure.com/index.asp](http://www.talkingcure.com/index.asp) [www.alternativementalhealth.com](http://www.alternativementalhealth.com) [www.medsfree.com](http://www.medsfree.com) [www.mosher-soteria.com](http://www.mosher-soteria.com)  
[www.transtherapy.org](http://www.transtherapy.org) [www.patchadams.org](http://www.patchadams.org) [www.healthfreedommovement.com](http://www.healthfreedommovement.com)  
[www.weglaufhaus.de](http://www.weglaufhaus.de) [www.elcollie.com](http://www.elcollie.com) [www.stopshrinks.org](http://www.stopshrinks.org) [www.lstpm.org](http://www.lstpm.org)  
[www.emotiosinbalance.com](http://www.emotiosinbalance.com) [www.the-bright-side.org/site/thebrightside/](http://www.the-bright-side.org/site/thebrightside/) [www.doctoryourself.com](http://www.doctoryourself.com)  
[www.emotionsanonymous.org](http://www.emotionsanonymous.org) [www.projectresilience.com](http://www.projectresilience.com) [www.bu.edu/cpr/rr/alternative/](http://www.bu.edu/cpr/rr/alternative/)  
[www.religiousfreedoms.org](http://www.religiousfreedoms.org) [www.wildestcolts.com](http://www.wildestcolts.com) <http://stopbadtherapy.com> <http://nht.amhl1.blogspot.com> <http://essence-euro.org/iasp/> <http://myweb.tiscali.co.uk/erthworks/nonmain.htm>

### Drug Information

[www.larsmartensson.com](http://www.larsmartensson.com) [www.drugs-and-medications.com](http://www.drugs-and-medications.com) [www.drugawareness.org](http://www.drugawareness.org)  
[www.outlookcities.com/psych/](http://www.outlookcities.com/psych/) [www.canadiandimension.mb.ca/v35/v35\\_5ab.htm#three](http://www.canadiandimension.mb.ca/v35/v35_5ab.htm#three)  
[www.nmsis.org](http://www.nmsis.org) [www.antidepressantsfacts.com](http://www.antidepressantsfacts.com) [www.socialaudit.org.uk/1.4.html](http://www.socialaudit.org.uk/1.4.html)  
[www.chemsense.com](http://www.chemsense.com) [www.prozactruth.com](http://www.prozactruth.com) [www.quitpaxil.org](http://www.quitpaxil.org) [www.talkingcure.com/archive/drugs.htm](http://www.talkingcure.com/archive/drugs.htm)  
[www.truehope.com](http://www.truehope.com) [www.astrocyte-design.com/pseudoscience/index.html](http://www.astrocyte-design.com/pseudoscience/index.html) <http://members.fortunecity.com/siriusw/Biochemical-Imbalance.htm> <http://groups.msn.com/SIDEEFFECTS>  
[www.benzo.org.uk](http://www.benzo.org.uk)

### Children & Youth

[www.voice4kids.org](http://www.voice4kids.org) [www.aspire.us](http://www.aspire.us) [www.hearmyvoice.org](http://www.hearmyvoice.org) [www.ritalindeath.com](http://www.ritalindeath.com) [www.p-a-r.org](http://www.p-a-r.org)  
[www.adhdfraud.org](http://www.adhdfraud.org)

### Tardive Dyskinesia/Dystonia

[www.power2u.org/selfhlep/tardive.html](http://www.power2u.org/selfhlep/tardive.html) [www.wemove.org](http://www.wemove.org) [www.dystonia-support.org](http://www.dystonia-support.org) [www.dystonia-foundation.org](http://www.dystonia-foundation.org)  
[www.iatrogenic.org/index.html](http://www.iatrogenic.org/index.html) [www.breggin.com/tardivedysk.html](http://www.breggin.com/tardivedysk.html)  
[www.caromont.org/16036.cfm](http://www.caromont.org/16036.cfm) [www.emedicine.com/neuro/topic362.htm](http://www.emedicine.com/neuro/topic362.htm) [www.drugdigest.org/DD/Articles/News/0,10141,513136,00.html](http://www.drugdigest.org/DD/Articles/News/0,10141,513136,00.html) [www.psyweb.com/Diction/tardived.html](http://www.psyweb.com/Diction/tardived.html) [www.thebody.com/pinf/phenos.html](http://www.thebody.com/pinf/phenos.html)  
[www.reglan-lawsuit.com](http://www.reglan-lawsuit.com) [www.ninds.nih.gov/healthandmedical/disorders/tardivedoc.htm](http://www.ninds.nih.gov/healthandmedical/disorders/tardivedoc.htm) [www.easyweb.easynet.co.uk/simplpsych/tardive.html](http://www.easyweb.easynet.co.uk/simplpsych/tardive.html)



# Bulletin Board

**The Self-Help Resource Association of BC (SHRA)** conducts regular Facilitator Training Workshops for Self-Help and Mutual Aid Support Groups. They also publish a Directory of Self Help/Support Groups in Greater Vancouver with over 600 listings, many of them dealing with mental health. SHRA is located at suite 306 - 1212 West Broadway, Van. BC V6H 3V1 Tel. 604-733-6186 Fax. 604-730-1015 e-mail [shra@telus.net](mailto:shra@telus.net) . Website - [www.selfhelpresource.bc.ca](http://www.selfhelpresource.bc.ca)

**Vancouver/Richmond Mental Health Network** sponsors many self-help groups and has recently moved to its new office at #201 - 1300 Richards Street, Vancouver, BC V6B 3G6 Tel. 604-733-5570 Fax: 604-733-9556 e-mail [vrnhn@vcn.bc.ca](mailto:vrnhn@vcn.bc.ca)

Named after Vincent van Gough's homeopathic doctor, Paul Gachet, **Gallery Gachet** works to provide a safe, borderless. place of artistic expression. It is located at 88 E. Cordova, Vancouver. Tel. 604-687-2468

**Ron Carten**, former Executive Director of Vancouver /Richmond Mental Health Network has a new blog on-line at [www.aimstest.ca](http://www.aimstest.ca). Check it out for interesting information and dialogue on consumer/survivor issues.

## Websites of Interest to Consumers/Survivors/Ex-Mental Patients

(continued from previous page)

### Electroshock

[www.ect.org](http://www.ect.org) [www.banshock.org](http://www.banshock.org) [www.idiom.com/~drjohn/review.html](http://www.idiom.com/~drjohn/review.html) <http://bmj.com/cgi/content/full/bmj;326/7403/1363>

### Forced Treatment

[www.freedom-center.org](http://www.freedom-center.org) [www.namisc.org/newsletters/August01/MindAid.htm](http://www.namisc.org/newsletters/August01/MindAid.htm) [www.hri/doccentre/docs/gosden.shtml](http://www.hri/doccentre/docs/gosden.shtml) [www.garynull.com/issues/Psych/Index.htm](http://www.garynull.com/issues/Psych/Index.htm) [www.psychlaws.org](http://www.psychlaws.org) [www.kqed.org/w/hope/involuntarytreatment.html](http://www.kqed.org/w/hope/involuntarytreatment.html)

### Mental Health Law

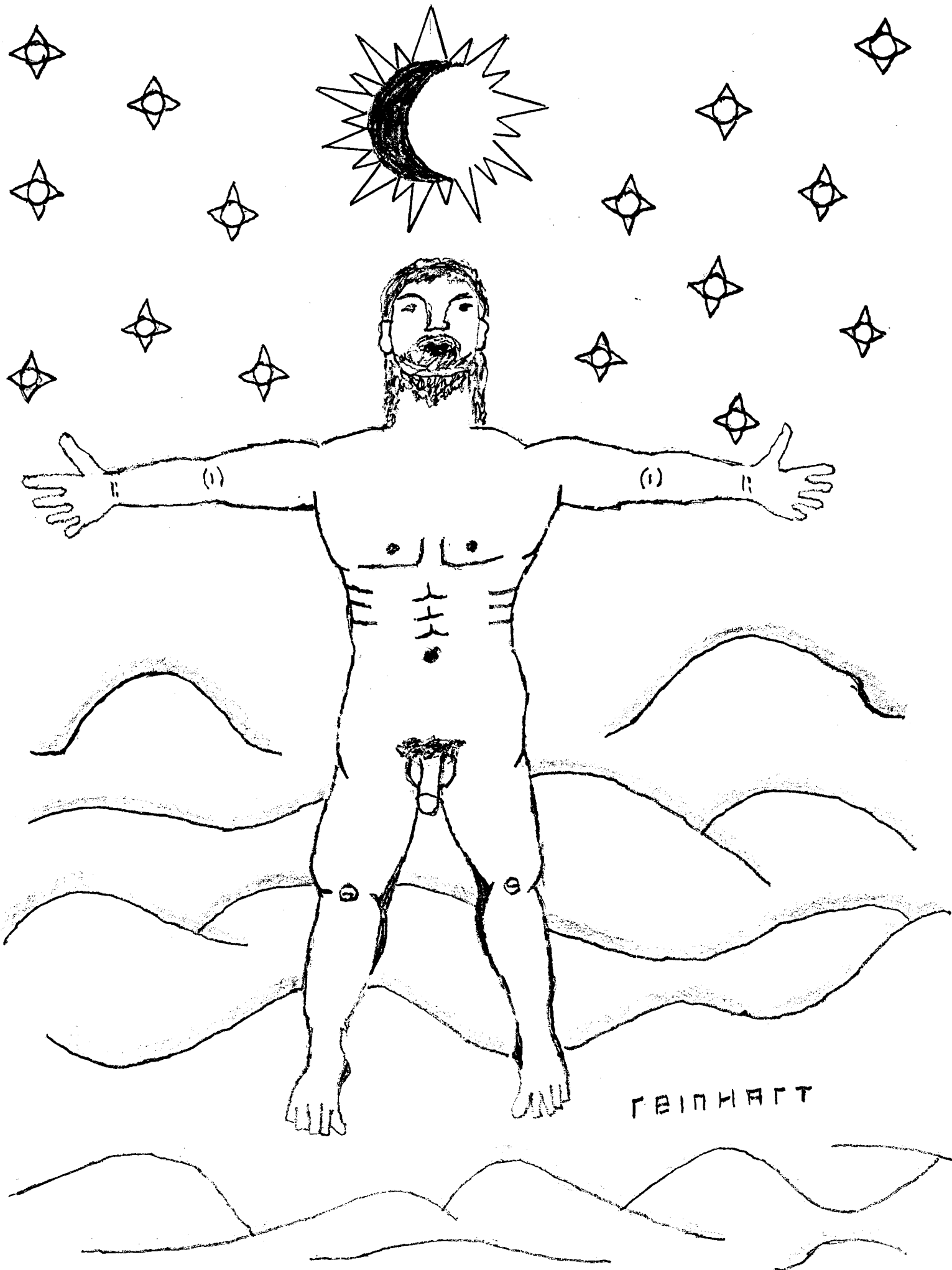
[www.bazelon.org](http://www.bazelon.org) [www.ac.wvu.edu/~knecht/law.htm](http://www.ac.wvu.edu/~knecht/law.htm) [www.psych.org/public\\_info/insanity.cfm](http://www.psych.org/public_info/insanity.cfm) [www.forensic-psych.com/pubs/pubADment.html](http://www.forensic-psych.com/pubs/pubADment.html) [www.psychlaws.org](http://www.psychlaws.org) [www.imhl.com](http://www.imhl.com) [www.ialmh.org](http://www.ialmh.org) [www.justiceseekers.com](http://www.justiceseekers.com) [www.safe-trak.com/main/competencyl.htm](http://www.safe-trak.com/main/competencyl.htm) [www.abanet.org/disability/sites.html](http://www.abanet.org/disability/sites.html) [www.experts.com](http://www.experts.com) [www.expertpages.com/psychiatry-psychology.htm](http://www.expertpages.com/psychiatry-psychology.htm) [www.psych.org/advocacy-policy/leg\\_res/apa\\_testimony/testimonysub-crimeposted91800.cfm](http://www.psych.org/advocacy-policy/leg_res/apa_testimony/testimonysub-crimeposted91800.cfm) [www.ilppp.virginia.edu/](http://www.ilppp.virginia.edu/) [www.law.cornell.edu/topics/mental\\_health.html](http://www.law.cornell.edu/topics/mental_health.html) [www.helpforparents.net/LegalResources/1LegalResources.htm](http://www.helpforparents.net/LegalResources/1LegalResources.htm)

### History of Mental Health Care

[www.psychiatricsurvivorsarchives.com](http://www.psychiatricsurvivorsarchives.com) [www.webcom.com/thrive/schizo/kdarch.html](http://www.webcom.com/thrive/schizo/kdarch.html) [www.cwu.edu/~warren/addenda.html](http://www.cwu.edu/~warren/addenda.html) [www.epub.org.br/cm/n02/historia/psicocirg\\_i.htm](http://www.epub.org.br/cm/n02/historia/psicocirg_i.htm)

### Online Publications

[www.mentalmagazine.co.uk](http://www.mentalmagazine.co.uk) <http://members.aol.com/asylumpub> <http://userpage.fu-berlin.de/~expert/psychnews/>



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