

THE PEOPLE HAVE A RIGHT TO VOICE AND COUNTERVOICE

~ No. 6/20 ~

INTRO

In Europe and the rest of the world politics and industry are pursuing the digitalization of school lessons by integrating smartphones, laptops, tablets, etc. as a fixed component. Some politicians are even demanding that every pupil be provided with a tablet from primary school onwards. Under the title "How digitalizafor the mental dementia of our society, but he also has feasible solutions at hand. The neuroscientist Prof. Manfred Spitzer also vehemently criticizes the use of digital media by children and young people, especially the use of smartphones.

We present in this issue of V&C the main points of criticism of these two researchers with decades of scientific and practical experience – for the benefit of our children!

Michael Winterhoff writes and speaks a plain language. Not only does he reveal the reasons

tion makes our children stupid", child and youth psychiatrist

The Editors (ncm./doa.)

Smartphone – everything easy?

ncm. A large German study conducted by pediatricians shows the following connections:

- 2 to 4-year-olds don't learn to speak properly if they use digital media a lot.
- Mothers who are busy with their smartphones while breastfeeding have crying children at night.
- 8-year-olds suffer from attention disorders due to frequent use of smartphones.
- 13-year-olds lose control over their activities on their smartphones.

Conclusion: It takes responsible parents who know what to do! [2]

More brain activity becomes visible in the handwriting!

doa. In a Kinesiology* session, a student (10) activated his eye, ear and brain integration himself through certain exercises. The effect was seen in his second writing sample, just under 1.5 hours later, which showed a much clearer writing. [4]

*The scientific study of movement and movement sequences of our body

Mir ist nicht get, the in shriendlich. Ich bin kenk,					
Sist in grade Lahl . 9 ist eine Ungrade 2 de,					
Burgets flower and land	Ť				
And Kerstins the flagere sind kurz	1				
	before				
Sch bin mude. Es ist serber lustig.	afterwards				
Mir geht es gut.	1				
Ich beuche mich and Som Las	Ŷ				
Da mure ich nicht lernon.					
~ Conser					

Manfred Spitzer explains among other things - the frequent damage caused to children by the use of smartphones. In South Korea, where most of the smartphones come from, 95 % of all young people are already afflicted with short-sightedness, in China 80 % and in Europe 30-50 % with a strong upward trend. Prof. Spitzer says: "We

ncm. In his lectures Prof. should not disturb brain development nor eye development by digital media use, which interrupts their development excessively." Would parents carelessly buy their children a smartphone if they knew this? In the public domain these facts are still concealed and the positive advantages of smartphone ownership are one-sidedly pointed out. [1]

China: first AI*-controlled children!

Alarming developmental disorders of the eyes

bmd. Under the pretext of promoting the learning ability of children, pupils of a primary school in China are permanently monitored and controlled. Brain waves are measured on them with a headband behind the ears and on the forehead and immediately transmitted to the teacher's computer and the government's central computer. In addition, parents are also regularly sent up-to-date information on their smartphone about their child's

learning progress and ability to concentrate. In order to become a world leader in the field of AI control, healthy children are treated as guinea pigs for these studies and as much data as possible is collected. Insiders see this as the plan to be able to control and influence the thoughts of every person in the near future. Where is the intuitive person with a heart and soul? [3]

*Artificial Intelligence

Digital education destroys thinking

bim. The focus of education policy is currently on introducing children to digital media as early as possible in order to promote learning. At the same time, the learning of handwriting is neglected. According to brain researcher Prof. Manfred Spitzer, the brain is stressed and trained by sensory* and motoric stimulants. "Handwriting trains motoric skills and this is the basis for our thinking." Especially when learning handwriting, the motoric skills are particularly promoted, and the

corresponding brain areas are activated and linked. In contrast, wiping and typing on a glass surface (on a smartphone, tablet or similar) with the same hand movement over and over again does not provide any new stimuli and this prevents highlevel thought processes. "In a way, handwriting is the gateway into our memory and that is exactly why it is important [...]. I am practically brain-damaged when learning without motoric and without sensory input." [5] * concerning the senses

Sources: [1] www.youtube.com/watch?v=cW3oWwhhOHo | Book: ", Die Smartphone Epidemie" (The Smartphone Epidemic) [2] ORF Interview September 30th, 2018: (in German): www.youtube.com/watch?v=cW3oWwhhQHo [3] https://www.schmerzexperten.ch/china-erste-ki-gesteuerte-kinder/ [4] From a therapist's practice [5] https://www.voutube.com/watch?v=3o38xu7-SZE

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"The more number and finger games a person does in preschool, the better he or she will be in mathematics at the age of 20. If you want good IT specialists, you must not give them a laptop in childhood, but finger games instead." Prof. Dr. Manfred Spitzer, neuroscientist

Digital Dementia

doa. The neuroscientist Dr. Manfred Spitzer came to the conclusion through his studies that education is the most important health factor for the prevention of dementia in old age. Using all the senses in children's learning appeals to many areas in the brain, which in turn leads to a densification of the fine brain structure. The more brain structure built up in early childhood, the longer is the descent into noticeable dementia, which has started earlier and earlier in recent years. For this reason, Prof. Spitzer warns against using digital media for learning in kindergarten and elementary school; as this leaves large areas of the brain unused because the learning level is limited to swiping and typing. He speaks about "digital dementia". Since his findings encounter strong resistance, the question arises whether our children should be consciously led into "digital dementia". [6]

"There is no data whatsoever that shows anyone getting smarter on the computer." Prof. Dr. Manfred Spitzer, neuroscientist

Education through talking and comprehension?

doa. To make childhood possible, one needs a lot of rest and much time for guiding, accompanying, practicing and making decisions for the children. According to the youth psychiatrist Winterhoff, in the mid-1990s adults became absorbed in digitization and forgot about childhood in the process. The statement of the child and youth psychiatrist gets to the heart of the matter: "We have turned the children into little adults, because the idea prevails that one could educate by talking and making them understand." But what impacts does this have?

• In the case of obstacles, there is either a fundamental refusal or "overambitious working attitude".

• In the social field, it is often the children who decide.

• In conflicts they never see realistic self-contributions. Other people or circumstances are always to blame.

- The child does not accept a compromise settlement.
- In life, the lust and mood principle prevails.

Winterhoff: "We adults have failed to demand and practice [emotional/social] psychic functions from these persons in child-hood. That's why they don't have them. [...] We have more and more children and adolescents who have the maturity of toddlers." [7]

"If children cannot develop emotionally and socially, they remain at the level of infants and our society is then in danger."

Doctor of Medicine, Michael Winterhoff, child and youth psychiatrist

Do children really need to be prepared for the digital age?

mak. Winterhoff's position on this is clear: no child needs to be prepared for the future, because that is not possible. If we gave our children a comparable psyche that we 'still' have, they would be able to cope with everything as adults. Digitalization is a technology and nothing more! If we manage to deal with this technology in such a way that we have more time for ourselves and our children, then we have won. The youth psychiatrist therefore advises adults to regularly take care of their emotional and social psyche. It must have a chance to regenerate, regeneration by sleep is not enough. We must be in nature and in the

forest, seeking silence, to ground ourselves. This way we have a healthy psyche and intuition, and we are clear and distinct. Winterhoff's appeal to parents: "Make sure you get time off, take care of your grounding, make sure that you have a feeling for your children. It is not the device that determines them, but free yourself from the slavery of digitalization! [...] Do with the children what you have experienced yourself: nature, forest, hiking, even if the child does not feel like it at first. Take a holiday with nobody having a mobile phone." That sounds like a real preparation for life, doesn't it? [9]

V&C HAND-TO-HAND EXPRESS

Switching off the GPS system keeps the brain going

doa. A study on London taxi drivers showed that those brain areas that are assigned to orientation are much more developed in them compared to other people. The brain area was also well developed in those who completed this training and passed the license exam. The conclusion of Eleanor Maguire. Professor of Neuroscience and author of this study: "The human brain remains 'plastic' even in adult life. allowing it to adapt when we learn new tasks." To this Prof. Spitzer concluded in his lecture Digital Dementia: "If we no longer use the brain's own navigation system because we have it in the car (GPS), then we let it navigate at the expense of our own ability to orientate." We should also let our children develop this ability optimally by letting them tell us which way to go next when driving. [8]

Closing Point • **Professor Spitzer:** "When people know what is good and bad, they are usually able to decide for themselves what is good for them. But as long as we primarily hear how great the smartphone is and that there are no problems with it, we cannot make rational and responsible decisions." This is why his concern is to educate the public! The Editors (ncm.)

Sources: [6] www.youtube.com/watch?v=FnDEF7Aw9HI (ab 1:42:14) | Book "Digitale Demenz: Wie wir uns und unsere Kinder um den Verstand bringen" (How we lose our and our children's minds) Droemer Knaur (publisher) [7] https://www.youtube.com/watch?v=zzLM3CrfYm0 (ab Min. 39)
[8] https://www.wired.com/2011/12/london-taxi-driver-memory/ | https://www.livescience.com/17376-london-taxi-drivers-brain.html | https://news. yahoo.com/cabbies-brains-more-navigation-gray-matter-170903561.html [9] How digitalization stultifies our children – psychiatrist speaking clear language! (in German, ab Min. 77): https://www.youtube.com/watch?v=zzLM3CrfYm0

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