

Guillermou

Poor calves and poor people who do not know how to feed themselves to respect their health. Consumers must show preference for natural, fresh and local products and ingredients instead of receiving processed foods such as HPP. Globalism is introducing undesirable factors in food conservation. High HPP pressure can deprotonate charge groups and disrupt salt bridges and hydrophobic bonds between amino acids. This changes the conformation of the proteins and actually denatures them. Effect of HHP on protein (MP) structure. HHP can dissociate non-covalent, ionic, hydrophobic and hydrogen bonds to change the secondary, tertiary and quaternary structure of MP. Changes in pH, ionic strength, pressure, and temperature can cause protein denaturation, aggregation, or gelation.

The pressure level induces local or global changes in proteins and eventually leads to denaturation by disturbing the delicate balance of interactions that stabilize the folded conformation of native proteins. Most studies have shown that a pressure of 100 MPa can change the secondary structure of PM in meat products, with specific details depending on the different pressure levels described in table 1 of the first link. www.ncbi.nlm.nih.gov/pmc/articles/PMC8393269/table/foods-10-01872-t001..
www.mdpi.com/.../128 (2020).--- ift.onlinelibrary.wiley.com/doi/full/10.1111/j.1750-3841.2009.01449.x
(2010).-- royalsocietypublishing.org/.../rsif.2018.0244 (2018).---

Posted On 04/04/2024

Guillermou

Protein oxidation by HPP not only leads to deterioration of food color and texture, but also to loss of nutrients (e.g., essential amino acids) and reduced protein digestibility. In a recent review, the mechanism of HPP on lipid oxidation and protein oxidation in meat products was examined in detail. Pressure appears to be critical for the initiation of lipid oxidation, which is likely related to effects on nonheme iron in meat. Lipid and protein oxidation can be closely related depending on the type of meat, the treatment applied and the method used to evaluate the reaction.

As observed, the effects of HPPs may be greater for chilled meat products than for cooked meat products. www.researchgate.net/profile/Abdu-Mahmud-2/publication/344805398_Effec.. (2018).--
www.sciencedirect.com/science/article/abs/pii/S0963996914004177 (2014).--
www.sciencedirect.com/science/article/abs/pii/S0924224415300790 (2014).--
link.springer.com/.../s00217-012-1866-9 (2013).-- ift.onlinelibrary.wiley.com/doi/full/10.1111/j.1750-3841.2009.01449.x (2010)-

Posted On 04/04/2024

juststeve

Gui, Technocrats using Technocracy have created their own Unreal Reality. A foundation of Global Monopolies supported by their control over everything from education, research, media, enforcement, the Gov't's, you name it. With it all have created a Germophobic Public who line up to consume the adulterated products. Currently but not limited to heat, microwaves, radiation, preservatives, additives of all kinds & types. Then much of the Public having little, very limited choices in food deserts along with limited employment opportunities leaves them with few options. The rest afraid of life, living things, indoctrinated non-stop bugs, bugs, bugs, germs, germs, we're all going to die.

And, as we have lived through the better part of the last century to now, seen has been the dismantling of the decentralized, diffused human scaled means, properly sourced foods, & lifestyles. As also we're seeing ramped up & attacked in multiple ways, in some areas right down to the level once called Victory Gardens, Grandmas pride & joy. Health, life sustaining for not only individuals but communities. With Globalist who openly declare the 99% as pests, vermin, disease, one has to ask are their efforts really to afford us proper healthy fare? (more.)

Posted On 04/04/2024

juststeve

Many who visit here have often expressed the many concerns about our U.S. Bill of Rights. Perhaps missed in this is the following - WE hold these Truths to be self-evident, that all Men are created equal, that they are endowed by their Creator with certain unalienable [Rights,] that among these are Life, Liberty, & the Pursuit of Happiness. One is left with the inspiration the thought was these Rights are so important they were put directly in the Declaration of Independence, first & in front of the Bill of Rights, not in them. So, when a small, extremely powerful Global Faction has such undue influence interfering in all ways, great & small, how are we as individuals able to come close to achieving a Life, or Liberty or Pursue Happiness? Not a guarantee of Happiness but the ability to pursue. How are these possible when we are being robbed at and in every one of these tenants?

Posted On 04/04/2024

Guillermou

Very well narrated Just, The goals of WEF's globalism with Agenda 2030 are truly terrifying if they were ever fully implemented. Under these, there is basically no freedom in a top-down dictatorship that decides for us how all resources will be allocated and used. Globalists only care about domination and control, and are willing to do anything and tell any lies to achieve those goals. People around the world should be fed up with the incessant lies, manufactured crises, arrogance and intolerance of dissident views that come from globalists and their elitist institutions. We do not want the so-called "sustainable development" that is the globalism marked by the 2030 agenda.

Freedom is in the fight, let's not fight a losing battle as long as the people respond with unity. It takes awareness and a lot of courage to emerge victorious against the tyranny of the Great Reset, the WHO, the WEF and the UN that seek to implement their own agenda. We humans must stop them before we, along with our descendants and future generations, experience horrors far beyond even crimes against humanity. The most popular responses (pressuring governments, participating in elections or forming new political parties, legal challenges and protests by stakeholders are rarely successful.

And what we must do, if we want to defeat this coup. The fourth industrial revolution ' It is characterized by a variety of new technologies that merge the physical, digital and biological worlds Unfortunately, many human beings fear the freedom to think for themselves, decide what to believe, and choose how to behave. Therefore, they think, believe, and behave according to norms determined by Elites and promulgated through Elite-controlled channels, including educational systems, food, medicine, entertainment media, and the media. That is the historical legacy that it has now being strengthened by the globalist elite.

Posted On 04/04/2024

Greebo

Yes! ANYTHING that changes the electrical properties of a protein WILL change its properties. Proteins are very sensitive to anything that can change their electrical properties as that changes their shapes and subsequently their properties. The protein will no longer have the exact effects that it once had. That is why you see the clear part of the egg turn white & solid when heated. It now displays different qualities than those it had prior to heating. Fortunately, in the case of eggs, the heat denatures the protein avidin in the RAW egg whites, which may block the absorption of biotin, a water-soluble B vitamin.

This is unlikely to cause deficiency IF you are ingesting, and absorbing, plenty of biotin and unless you are eating a lot of raw eggs. The more radical the methods for denaturing the proteins, the more radical the changes are likely to become, and we cannot trust that we will be told about any of the negative effects they cause. Denaturing our food is bound to affect our health, and we need to be wary of making radical changes without careful studies to determine exactly how it will affect our health.

We have recently discovered that untested injections are unwise and that our government, medical organizations, and pharmaceutical companies cannot be relied upon to properly test and report on the safety of what they recommend. We need to protect ourselves and our families instead of hopping gleefully on the train of "exciting new technology" when it comes to things that may have important, and even devastating, effects on our lives.

Posted On 04/04/2024

Guillermou

We can consider the serious problems of glycation and lipoxidation. Industrial processes, such as heating, irradiation and ionization, all in combination with overnutrition, contribute significantly to the production and exposure and accumulation in the body of AGEs and ALEs. The increase in ECs seems to have begun at the time of the industrial revolution, mainly in the early and mid-19th century. Chronic diseases represent the main cause of mortality in developed countries. The increase in the prevalence of chronic diseases is associated with changes in lifestyle habits, including increased consumption of processed foods.

In these, advanced glycation (AGE) and lipoxidation (ALE) compounds are developed as a consequence of the reactivity of carbohydrates, proteins, lipids and other components. Advanced glycation end products (AGEs) are non-enzymatic interactions between reducing sugars and amino groups in proteins, lipids and nucleic acids. In numerous diseases, such as diabetes, neuropathy, atherosclerosis, aging, nephropathy, retinopathy and chronic kidney disease, the accumulation of AGEs has been proposed as a pathogenic mechanism of inflammation, oxidative stress and structural tissue damage leading to chronic vascular problems.

Current studies on AGE inhibition mainly focused on food processing. Degenerative diseases are affected in one way or another by glycation reactions. These reactions cause significant damage to the body, including atherosclerosis, cataract formation, neurological damage, diabetes, wrinkled and sagging skin. Free fructose, in particular, is very pro-inflammatory, promoting AGEs and accelerating the aging process. It also promotes the type of dangerous growth of fat cells around vital organs that are the hallmark of diabetes and heart disease.

Posted On 04/04/2024

Guillermou

The Maillard reaction (MR) is nonenzymatic browning and typically involves amino acids (e.g., lysine and arginine) and reducing sugars (e.g., fructose and glucose) that progresses through a series of chemical rearrangements that result in the formation of MR products. At temperatures above 100/120 C and even more, 140 C, an accelerated generation of these products is seen in various foods. This occurs on the grill, oven, grill or frying and is facilitated by the alkaline pH, copper and iron. For this reason, it increases with cooking in pots made of these materials, and with the addition of baking soda, a practice sometimes used in the preparation of dulce de leche in order to achieve a darker color than caramelization through glycation.

Of the 20 amino acids naturally found in food proteins, lysine due to its α -amino acids and arginine due to its guanidine side group are the most susceptible amino acids, but also histidine and tryptophan may be involved in MR and the α -amino or N-terminal amino group of any amino acid or peptide, respectively. AGEs activate specific receptors and proinflammatory cytokines such as interleukin 1 or interleukin 6, tumor necrosis factor, insulin growth factor 1 and C-reactive protein (CRP). This alters the permeability and vitality of cell membranes.

The AGE-RAGE interaction appears to mediate most biological effects, including the generation of free radicals, thus closing a vicious circle. Free radicals also stimulate the activation of platelets, promoting thrombosis. Vasoconstriction due to decreased nitric oxide synthesis in the smooth muscle of the vascular walls and increased inhibition of plasminogen, a primary fibrinolytic compound, contribute. The proinflammatory action and the promotion of thrombosis and atherosclerosis cause organic damage, mainly in the liver, kidney, brain, lens and connective tissue, especially the skin, cartilage and tendons.

Posted On 04/04/2024

jamNjim

Well, I've been asking a similar question for YEARS! Does pressure cooking destroy key nutrients in foods? Do vitamins and enzymes get altered and/or destroyed under high temps/pressures? I have a lot of sensitivities to plant based foods, but when I pressure cook them I can eat them. So, in my mind, the answer is YES! But, is eating plant based foods cooked under pressure worse than avoiding plant based foods altogether? Up until the last 10 years, my only option was avoidance. It was a study on rice that I found that led me to experiment with other seed-like foods (beans, potatoes, tomatoes, peppers, etc). The study done on rice showed that pressure cooking destroyed the lectins in seeds/grains that causes most food sensitivities.

I deducted that this would work on other seed-like foods and so far so good. However, if it can destroy the lectins, what else is being destroyed? Fermentation also destroys toxic plant-based lectins. However, fermentation increased the nutritional value of most foods. Things like Vit-K get produced during the fermentation of cabbage. Nattokinase is produced in the fermentation of soy and it's role in nutritional health is HUGE! It even helps prevent getting sick from viruses! It has a degradative effect on the spike protein of SARS-CoV-2: pubmed.ncbi.nlm.nih.gov/36080170 I don't know of a single food that is enhanced in such a way when cooked or processed under pressure. There definitely needs to be more research on this.

Posted On 04/04/2024

rrealrose

My mom looked at this question years ago, and she reported that pressure cooked food may retain more nutrients than food boiled in water on the stove. This is because a large amount of nutrients end up in water used. So unless you save and use cooking water in soups or stews, many are tossing a good portion out! However, lightly steamed food in a lidded pot over an inch of boiling water seems best of both, where vegetables are not cooked to death and more plant nutrients remain in the food. This works well with fish, using lidded bamboo steamers most Chinese markets sell. Trays can be lined with parchment paper and 2 or 3 items steamed at the same time. I suspect Asian cooks figured this out a few centuries ago...

Posted On 04/04/2024

airsurfer

to rose: basically, cooking has allowed humans to eat food that is not appropriate for them in its natural form. Of course it has some advantages, making more things eadable. I'm no hypocrit, I eat cooked too and like some stuff well burned. But when you compare a human that cooks food (even a closer to nature native but who cooks) to a wild animal that only eats raw... We cannot fool ourselves as to who is strongest.

Posted On 04/04/2024

Almond

If the color and texture of the milk is altered, wouldn't the molecular structure also be altered? It sounds like this process denatures the milk. Real food is supposed to be alive and spoil. If it does not rot, how can it be broken down and assimilated in your body? I am thinking about modern agriculture and pesticides, too--if even the bugs will not eat the food, maybe you shouldn't either. -And, pets refusing to eat their kibble or drink municipal water. They may look up at you with sad eyes ("what are you trying to do to me?") or shriek in anger in an attempt to communicate. -But, many people never get the message. I once knew a man who trained horses. He said they would do anything for an organic carrot, but refused the bleached conventional carrots.

People have become so dependent and self-indulgent on junk food that they have lost their powers of observation and critical thinking. Much of this results from distancing themselves from nature. Then, a person can convince themselves that supermarket-dependency can provide a nutritious diet. Just today, a friend was just complaining about how much of supermarket food, esp produce, is not only not fresh, but also rotten. I mentioned that I am struggling with my wild naturally-curly hair (at my age!) which is growing thicker than ever. She said it is prob my diet... prob nutrient dense protein from game meat and the seafood that I catch.

Posted On 04/04/2024

bfr27915

"Real food is supposed to be alive and spoil." Come on, get real. Food is supposed provide you with a dopamine hit that keeps you coming back for more, and more, and more, and more. And if you feel like crap - go to your doctor and get some synthetics to ingest (or inject). Its FDA approved (everyone needs to go the the FDA website and investigate the thousands of approved food additives)

www.fda.gov/food/food-additives-petitions/food-additive-status-list . "Cui Bono" - for whose benefit?

Posted On 04/04/2024

ragus

Rule of thumb: If the food processing method existed in 1865, it's probably safe. Otherwise, steer clear!
Margarine, seed oils, UHT, HPP, etc.

Posted On 04/04/2024

juststeve

Hear, hear! Some are believing too, if information is not in printed form before the 1980s, it most likely carries some Bull Spit Propaganda.

Posted On 04/04/2024

ragus

Going for print material older than 1980 is probably the way :)

Posted On 04/05/2024

Horsea

This is the logical result of (most) people not wanting to do their own food preparation from scratch, from simple ingredients. Hummus, too? Make your own. It is so easy, I've been doing this for about 40 years now. From chic peas I cook, not the canned.

Posted On 04/04/2024

Omi2be

that reminded me of the conversation I just had with my oldest; when the kids lived at home they would open the fridge and say "there is nothing to eat" - mind you the fridge was full. Now her kids do the same "there is no food only ingredients in the fridge". Laziness, time "saving" comfort, me now creatures we were trained to become. Yes, we are having pizza tonight and I start my dough by 10 AM, not really a lot of work, just a little planning ahead, and I do not plan a lot!

Posted On 04/04/2024

jam9139

Almond- agree, real food spoils. When my children were young, in a class(can't remember-science?) they were supposed to leave a piece of store bought bread out, and see how long it took to spoil- I was shocked! That thing didn't get any mold on it for weeks! If I remember, it was about a month- no more store bought bread! One of my son's makes his own now- if not eaten, it gets moldy after a few days, as it should. And, boy is it good!!

Posted On 04/04/2024

LSquare

Ha ha, I believe that this anti-spoilant is these 3 letters that have been on every commercial bakery's breads' ingredients label for at least 40 years now: BHT

Posted On 04/04/2024

hkpray2day

So true and it makes me laugh. probably about 8-10 years ago , I watched a guy do a similar experiment with different brands of ice cream. one of them - a very popular brand, got soft but showed no signs of real melting even after several days. Horrifying. It's Haagen Dazs just 5 ingredients or homemade every time now.

Posted On 04/04/2024

caws

Jam, Speaking of homemade bread; a friend who home schooled 5 kids and owns a family farm bakes her own bread and can now eat wheat! That is because she buys organic wheat berries and grinds them into flour herself and is of the firm opinion that celiac is caused by the Roundup used in the harvesting process of commercial wheat; not to mention the other chemicals.

Posted On 04/05/2024

Blivet2

"Raw milk with a long shelf life"--what a ditzy, wrong-track notion. (Over in Taiwan, where I am, there are ads for "Future Salad"--a packaged drink mix for people to drink their green leafy vegetables. Let's see, do I ad prana separately?) I suppose fresh raw milk entails having a local dairy and food supply chain, which is antithetical to centralization, and HPP is the latest attempt to get around that.

Posted On 04/04/2024

grulla

Let's face it, the biggest customer for this HPP would probably be the military industrial complex for their MREs, if that isn't already true???

Posted On 04/04/2024

dav1342

Grulla, the biggest customer is the US consumer. HPP processors quietly handle millions of pounds of meats, juices, etc. for the major food companies. No labels required. Prior to HPP the theory was to irradiate foods, but labelling ruined that. Apparently consumers were concerned about radiation.

Posted On 04/04/2024

JSBach

@dav1342 I remember buying "raw juice" in grocery stores almost 10 years ago that had the HPP label.

Posted On 04/04/2024

imaginal110

The hubris involved, men playing at being God, is a dead giveaway. Our right connection to the Divine is the way back.

Posted On 04/04/2024

Copper13

The reason she could drink a whole glass of raw Jersey milk without problems is because all the heiritage cows have A2 milk protein just like goats, sheep and humabs. Hybrid cows have A1 milk protein. Diary allergies come from hybrid cows with A1 protein. We have been drinking raw milk from our Jersey cows for years. My daughter, who is vacine injured, has epilepsy and A1 protein milk causes tonic clonic seizures and vomiting. But she drinks many glasses of A2 protein milk daily and never has a seizure. Most milk in the states have A1 milk protein..

Posted On 04/04/2024

hisgarness

This seems analogous to the homogenizing and pasteurizing of milk. With milk the oversimplified problem is the loss of beneficial bacteria. The best description of processed milk I have heard is dead milk. With HPP the problem is evidently not yet known. I do know that humans did not evolve consuming HPP foods.

Posted On 04/04/2024

reg5821

One reference said HPP standard is 6,000 Bar which looks like it would actually create a temperature higher than in pasturization?

Posted On 04/04/2024

airsurfer

yes, it depends on how long it is applied. Like it matters if you cook during 1s or 1hour. It's the total energy input that is supposed to have the main effect, but it all depends on factors. For example, you need a small amount of high temperature (or friction pressure) to ignite a fire. You could warm up (through some other means) the wood for days at 40C, consuming orders of magnitude more energy than a simple match, and yet not be able to start the fire, so it's not only the total amount of energy (to start with, as the fire obviously produces its own energy once started) that determines the total effect, it's how it is applied. As it's basically all frequencies.

That need to match up for a desired effect. A certain frequency has a certain effect which is specific on all the conditions and often industry will mislead you by mentioning only 1 (often inappropriate) standard condition, completely neglecting the total system (of interactions/effects). You can read that on engineering sites: discussions relating to disagreements regarding what factors need to be considered and which formula is most (but never completely) adequate. The temperature increase (which could be regarded as dissipation of energy) that occurs with pressure increase, is different per material and atomic element (which is just a constellation/organization of smaller elements).

So nobody can really tell how high the temperature reaches as that would involve knowing every constituent of organic material and every interaction. The only thing you can say is that it is unnatural and that applied energy does not just disappear, it is stored into the (physically undeniable) effect it has on the food. Based only on numbers, I can honestly not say if it's any worse than any other form of cooking. But I sure can say there is zero chance of being able to encounter 6000Bar in nature and survive it. So it's a kitchen very far from nature, probably with according effects.

Posted On 04/04/2024

pjucla

Simply put it denatures proteins

Posted On 04/04/2024

LSquare

Heat, acidity, and salt all denature proteins, too, by their very nature, so it needs to be something more than that.

Posted On 04/04/2024

WillCat

Science that does not accept anything beyond material reality is primitive science. Everything is energy of different strengths and frequencies. We are of the natural world arising from this very earth and are fed by that earth, the energy of earth and sun. Unseen and untested by materialist science and profit focused corporations.

Posted On 04/05/2024

PennyC

In Australia, where "Made By Cow" is sold, raw milk is banned. (This was fueled by the death of a child and the authorities deciding it was raw milk when in reality it could have been due to several other causes). Some producers sell raw milk as bath milk with a warning on the label, ("Bath milk only, not for human consumption") and in some states they have introduced legislation to add a bitterent to bath milk to stop people drinking it. This means that for most people unless you have your own cow (or a friend with one) you cannot get raw milk.

This is the background to the company coming up with HPP milk. In other respects, they only come from their own grass fed, free range herd. The milk itself is very creamy, doesn't last much longer than "normal milk" So if you want to make your own kefir, you're faced with a choice between pasturised milk or HPP or go without. This is their FAQ www.madebycow.com.au/cold-pressed-raw-milk-faq and they ask for other questions, what else would be good to ask? The amount of pressure they use?, does it denature proteins?

Posted On 04/05/2024

WillCat

In many places in the US health authorities will raid your farm as if you were a drug dealer with a SWAT team, throw you into jail and destroy your livelihood.

Posted On 04/05/2024

Matteocola

The story about the French vs. Swiss milk is very interesting. The author does not write about the known lower quality levels of EU-milk production vs. Swiss production. Neither he goes into the organic certification which has a much lower level and is less strict in the EU, specifically also in France. Milk in France is also not necessarily of local, French origin. Many times the declaration on French milk products is simply just EU origin which has an incredible quality range. He does mention however the Demeter organic certification for the Swiss milk.

But this represents the highest, most strict level of organic certification in the world (it does not only fulfill the very high organic certification level but goes beyond). My conclusion from the short experience report is completely different: The probability that the French milk has in fact undergone a pasteurization process, which the Swiss Demeter milk has not, is the greatest. In this sense, the reactions of at least his acquaintance were quite clear.

Someone who does not adapt to 'live' raw milk very often shows negative reactions in the digestive tract and immune system. A longer adaptation phase is necessary. In general, food production in the EU is still better than the mass standards in the USA (on average!), but they are also highly problematic, especially in France. Switzerland is not part of the EU and still (emphasis on 'still') has different regulations for its own production in almost all food areas and the certifications for natural and organic production are of a significantly better standard than in the EU (and USA).

The fact that the authors of Mercola then imply that Demeter milk could be produced using an HPP process is downright bizarre and demonstrates major gaps in knowledge, which I find alarming. The fact that coarse filtering of commercially packaged and distributed milk is questioned is also gross nonsense. Finally, there also might be many other reasons for the teeth problems.....

Posted On 04/04/2024

Matteocola

I quickly checked the two manufacturers and their guarantees on their websites ('Do your own research!'): (Additional Note: Swiss animal protection is on higher level than in the EU) 1) Demeter Switzerland: 'homogenization, high temperatures and pressure are prohibited'. Further: 'The individual cow is of great importance for the quality of the milk. That is why Demeter producers attach great importance to respectful animal husbandry. Anyone who consumes Demeter milk or dairy products can benefit from the higher milk quality due to horns and hay.' 'The horns of Demeter cows are not shortened/cut. They are not just headdresses, but play an important role in digestion and metabolism for milk production. Studies show: Horn-bearing cows are better able to compensate for high temperatures. Combined with pure hay feeding, horns have a positive effect on milk quality.' 2) French company Gaborit Bernard:

'It undergoes no further processing and therefore contains the original microbial flora of the milk. The milk is not homogenized'. Then, there is also this warning of this french company: 'For sensitive individuals (young children, pregnant women and people with weakened immune systems), we recommend boiling the milk before consumption'. No further comment.

Posted On 04/04/2024

Palazzolo

..."safe raw milk" via an artificial device...Okay.

Posted On 04/04/2024

wrenwood47

I believe Natures Balance supplements use this method...no wonder they don't work.

Posted On 04/04/2024

bfr27915

IMO the principled issue is one's "awareness." Awareness requires a diligent and investigative mind set. Given the gaslighting, projection, gatekeepers, narratives, and algorithms - its a challenge. Awareness buys you time, time buys you options - until it doesn't. Stay awake, aware, and prepared.

Posted On 04/04/2024

airsurfer

Ideally, we'd have fresh food that has a natural shelf life. The stuff that goes bad would be removed and put on a daily fresh fertilizer truck. So it would immediately be recycled by nature and fertilize new produce. But for the gov penpushers this is apparently too easy and too healthy. So they forcefully 'regulate' to have chemicals incorporated at every step of the chain and claim that's the right way to go. When your so called representatives have a mind of their own, when they outregulate nature, it's time to wake up.

Outregulating nature is basically outregulating life. And yes, every unnatural intervention, alters the food often in a detrimental way. Produce is meant to be eaten freshly and not meant to be altered as no single human or animal was ever born with a cooking pot on his back. Pressure has the same effect as temperature as it's the energy you put into the system that determines the outcome, that's basic chemistry/physics. Seems the industry 'forgot' to remember that.

Posted On 04/04/2024

Palazzolo

We the People have not lived in a Constitutional Republic since the year 1913. Instead, we have since not lived to survive in a capitalistic bureaucracy.

Posted On 04/04/2024
