

Fred-Talks



Volume I, Issue I

Special points of interest:

- About Me
- Environment
- Writings
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- Education
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- Family Stuff
- Cynic's Corner

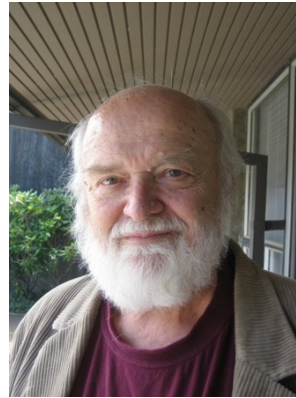
About Me

Hello! Welcome to my newsletter. I thought I should tell you something about what this newsletter is, will, and won't be.

I have too many interests to write on one subject only. I do have a studied opinion on what I write, however. Some newsletters will be oriented towards biology, some toward music, many on the environment, some on college education, and some on bureaucracy. I might include, on occasion, a newsletter on current events. I am oriented on content, and will spend little time on methodology.

I plan to submit a newsletter twice each month.

I currently give "Fred-Talks" on drinking water at the Ore-



gon State University Hatfield Marine Science Center in Newport, Oregon. Talks on Global Warming, Oceanic Dead Zones, and the Pacific "Garbage Patch" are scheduled. I will present talks on Whales during the "Whale Watch Week" this month in Newport.

I have three larger tomes in the mill, and I may talk about them a bit.

I would be glad to answer any questions you might have, and seek suggestions on what you would like to read in these newsletters. I will respond, and publish them with your permission. My email is

fgduerr@gmail.com

[Autobiography](#)

[Curriculum Vitae](#)

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What is Potable Water and Where Do You Find it?

Potable Water is water that an organism can drink to supply its bodily needs, and not make it sick or ill.

This water can be in the form of fresh water, coffee, tea, milk, kefir, and fermented beverages. It can not be sea water, or fresh water polluted by certain chemicals or disease causing microorganisms.



An average sized human needs 6 to 8 cups of potable water each day to survive. A small (child) might need less. A large (> 200 lbs) person or a heavily sweating person working in a hot arid climate would need more.

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Fred-Talks

Portraits of Eminent Scientists



Chales Orville Appleman

I have a personal collection of drawings of historically eminent Scientists, Many of these drawings are from original works by Ivan Bogdanovich Streblov, a Russian artist who drew for the Royal Russian family, pre-revolution, and for the Communist Party, post-revolution.

I intend to post a drawing along with information about the Scientist, on a bi-weekly basis.

My first post is about Dr. Charles Orville Appleman. Dr. Appleman was born in Millville, Pennsylvania

on December 6, 1878.

He received his Ph.D. in bacteriology from the University of Chicago, and was Chairman of the Botany Department and Dean of the Graduate School at the University of Maryland.

He is noted for his research on biochemical changes in stored fruits and vegetables.

This drawing was done by Ivan Bogdanovich Streblov in 1931.

Can “low” health risk factors be bad for your well-being?

Food for Thought

Joseph D. Wassersug,MD wrote a delightful editorial titled “Food for Thought” in JAMA, Nov 25, 1988. No. 20.

He described an automobile trip with two old friends to a drug company sponsored lecture.

His friends were about 10 years older than his 74 years, and spent much of their time discussing their health. Each hoped for a quick

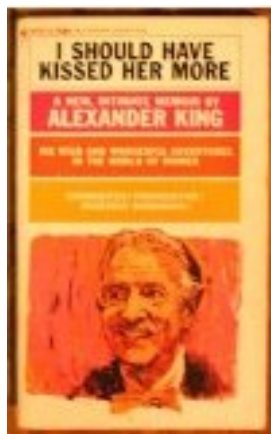
and easy death. They agreed that a massive cerebral stroke would be quicker and more painless than a lingering death from cancer.

Dr. Wassersug pondered on this and wondered why the medical community was silent on this point. He could not recall any “article on cholesterol or other cerebral artery coronary disease risk factors that even hint that the absence of risk factors might be

bad news.

At the banquet, he decided to eat cholesterol laden foods, such as roast beef, French fries, coffee with cream and sugar, and had strawberry parfait for desert.

He explained that if a fatty, cholesterol laden high calorie diet could prevent death from cancer, it would be worth it.



Books I Read Recently

Recently a friend suggested that I read this book. He told me that it was an interesting sociological portrait of bohemian life in New York City during the early half of the 1900's.

I was somewhat dismayed by the title and cover promotion of this book. I was too quick to assume that the book was probably trashy and boring. To my delight, how-

ever, Alexander King did a good job in depicting the personalities of certain people that he knew.

The book does, however, have one major flaw that occurs in some books. The last quarter of the book did not measure up to the standard set by the preceding three quarters. It seemed that King was in a hurry to finish and either became bored with the

writing or just wanted to finish it as quickly as possible.

This bothered me so much that I disposed of the book. Now, with afterthoughts, I wished that I had kept it.

How do Politicians Become so Smart?

One curious feature of human nature that has always bemused me is the seeming relationship between distance and intelligence. Let me explain with an example.

Consider your neighbor. He or she appears to be a normal sort of person with an average intelligence. Should your neighbor be elected to a city of village council, instantly they seem more intelligent, and are accorded a more elevated stature. They are no longer your ordinary neighbors.

Should they be elected a state

representative or senator, they even purport to be more intelligent and certainly seem more important.

If now they become elected to the United States House of Representatives or Senate, they become even wiser and certainly more affluent.

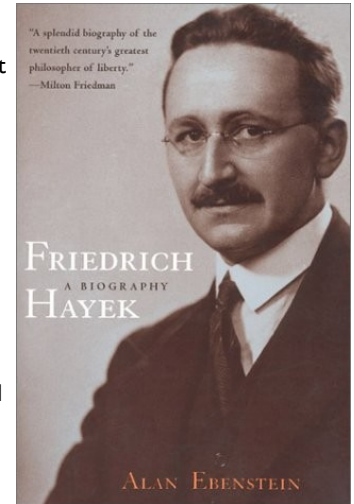
Finally, if they become President of the United States, they act like and appear to be a genius, and never work again for the rest of their life. Now, what do these people do when they achieve

elevated stations in their life?

They, in their wisdom, tell the rest of us how and what to do, and charge us for the privilege.

And what is more, they really are the same schmucks who used to be our neighbors!

Somehow it seems that people become smarter the further away they are from you. This may well be the nth Law of Thermodynamics! Is this a form of what some people call "human nature?"



"In government, the scum always rises to the top."

What is a College?

An academic institution is like a three-legged stool. It cannot stand upright unless all three legs are functioning equally well. If one leg is missing or out of proportion, the stool falls.

LEG 1

Teachers or Professors must be well versed in their subject, and capable of imparting this wisdom to others. If either their knowl-

edge or their communicative ability is deficient, they cannot carry out their responsibilities. Thus another leg of the academic stool is broken or out of shape.

LEG 2

Students must be willing to learn and devote the necessary work required to master their studies. This degree of mastery is usually reflected by a letter grade.

LEG 3

Administrators are the people who support the work done by the professors and by the students. Among the administrators are the college president, various deans, secretarial staff, accountants, public relations people, janitorial staff, and building maintenance people. Their job is to provide the environment for Leg 1 and Leg 2.

Administrators should be facilitators and not dictators.

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Water Book

I have written a small, 54 page, primer on water.

This book provides a basic understanding of water and its importance to life. The physical and chemical properties of water are discussed, as well as its role in the environment of our planet.

This material is directed towards an upper level high school reader and a lower level college non-

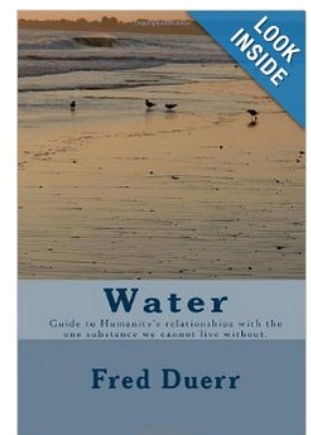
science major. It will also be very helpful to volunteers at medical facilities, zoos, aquariums, animal rescue centers, and for sportsmen and environmental groups.

It is available as a paperback book (Water, by Fred Duerr), ISBN 10 - 1482773872, and as a Kindle, ASIN B00CMI3K5A from Amazon.

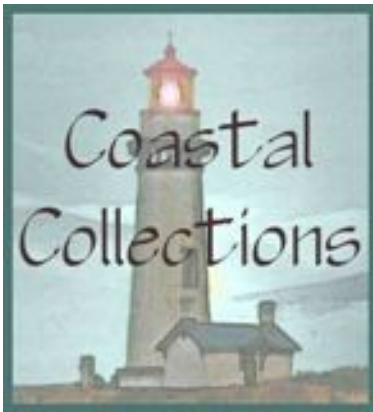
Amazon has various promotions

to adjust the price to as low as \$0.99 in certain cases.

Click on the book image to take you to its page on Amazon.com.



Coastal Collections



My wife, Diana, and I have somehow acquired several thousand books on various subjects. Click on the image at left to take you to our website, where you can search our inventory of books for sale at Biblio.com.