Repairing a Pre-Internet Education

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(originally titled "American Myths" in 2004)

Not until I was almost 50 years old (2002) did I begin to realize that much of what I had learned regarding history and politics from schools and the mainstream media was either untrue or misleading. After that realization, I put myself on a reeducation program that included:

- Identifying specific lies and deceptive half-truths that I had absorbed
- Trying to remember how and when I picked up each lie (from a classroom, textbook, TV announcer, printed publication, or government agency?)
- Identifying alternative reliable sources of information

After identifying unreliable sources, it is important to discontinue picking up additional lies from them. Some sources were easy to identify as untrustworthy, such as the U.S. Food and Drug Administration and former presidents George Bush (father and son), Bill Clinton, and Barack Obama. And more recently, the CDC (Center for Disease Control) regarding covid and vaccines.

Consider the motivations for spreading the deceptions. Was it greed? Fear? A sincere desire to share knowledge, but not knowing that one was spreading lies?

False ideas do not only come from external sources. For example, in childhood I made the false conclusion or assumption that "Good grades means good education is occurring."

Examples of lies or deceptive half-truths I previously accepted:

Deceptive Half-Truth or Lie	Conclusions After Research *
The U.S. Federal Reserve is a government agency.	The Federal Reserve has shareholders and therefore is not a government agency. It operates independent of civilian oversight. Washington does not regulate Wall Street; Wall Street regulates Washington.
After WW II, the allies were thorough and conscientious in prosecuting war crimes at the Nuremburg trials.	Confessions at Nuremburg were obtained by torturing defendants. American military and civilian officials assisted hundreds of Nazi war criminals in escaping from Germany and provided many of them with employment in the U.S.
Lee Harvey Oswald killed JFK and no other shooters were involved.	Lee Oswald did not shoot JFK; multiple other shooters were involved.
After WW II, the U.S. started wars and foreign revolts to help spread democracy.	Protecting and expanding corporate profits has been a prime motivation behind U.S. post-WWII wars and foreign government overthrow operations.
Cow's milk is a healthy source of calcium. Dairy products are essential for bone health.	Heavy promotion of dairy products in U.S. schools in the 1950s and 1960s was the result of corporate lobbying and was not based on nutritional research. Countries with high consumption of dairy products tend to have high rates of hip fractures (e.g., U.S. and Sweden).

* Don't take my word for it. Do your own research and make up your own mind.

Examples of reference material that I found helpful in replacing lies and half-truths with a more accurate understanding of history:

- Charles Higham: Trading with the Enemy
- Webster Tarpley & Anton Chaitkin: George Bush: The Unauthorized Biography
- Ron Unz's articles on topics avoided by mainstream media owners, for example, Israel and the Holocaust Hoax, Israel's 1967 attack on the U.S.S. Liberty, U.S. abandonment of Vietnam POWs, and Israeli-Jewish involvement in the JFK assassination and 9/11 attacks.

In previous phases of repairing my education, I placed excessive reliance on questionable sources, including:

- *And the Truth Shall Set You Free* by David Icke. Contains valid information suppressed by mainstream news media; however, speculations are not clearly labeled as such and are mixed in with verifiable assertions.
- *A People's History of the United States* by Howard Zinn. I found many passages in the book to be enlightening on aspects of U.S. history that were not covered in my schooling. He created a distorted view of America by ignoring positive aspects of American life. Mr. Zinn was mainly a social activist, not a historian (Mary Grabar, *Debunking Howard Zinn)*. He was affiliated with Communist social activism in the U.S.

Become more dedicated to telling the truth. Acknowledge the times that you lied or deceived others. When making a list of your lies and deceptions, include who you communicated them to and how you justified it to yourself. The list can include times when you misrepresented yourself on job résumés, tax forms and applications for government aid.

Replacing lies with more reliable data can be a good starting point in repairing a pre-Internet education:

- Identify the lies and deceptive half-truths you absorbed
- Which individuals and groups were the main sources of the deceptions?
- Find alternate more trustworthy sources of information
- Become more adept at evaluating the reliability of information and sources

What are the biggest lies that are still widely believed in your country?

"You can change your life by refusing to believe your own lies. You can start with the main lies that limit the expression of your happiness and your love. If you take your faith away from these lies, they lose their power over you. Then you can recover your faith and invest it in different beliefs. If you stop believing in lies, everything in your life changes . . ." Don Miguel Ruiz, *The Voice of Knowledge*

Additional References

Adam Grant: Think Again

Summary of "The Fine Art of Baloney Detection" by Carl Sagan

Hans Rosling:

Videos

Advice from Factfulness:

- Update your knowledge. Some knowledge goes out of date quickly. Technology, countries, societies, cultures, and religions are constantly changing.
- Test your ideas. Don't only collect examples that show how excellent your favorite ideas are.
- Look for causes, not villains . . . spend your energy on understanding the multiple interacting causes or system that created the situation.

Listing of Additional Essays