

AIDS AND SWIMMING

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Evidence has grown proving the link between illness, including AIDS, being transmitted in the sea and in swimming pools.

In order to allay fears, some Local Health Authorities have stated that only infected blood might pose a minimal risk and that kissing an infected person carries no danger.

AIDS is caused by a virus for which there is no remedy at the moment. In the first six years of this disease there were 10,000 cases reported in the USA and 1,000 each in 17 European countries. As Dr John Starkie points out in his book *Understanding Aids*, the spread of this disease in the USA was largely due to homosexuals using swimming pools. This is why, in some American cities, there are pools exclusively for the gay community.

Dr Michael Ellis, of Monsall Hospital, Manchester, and many others, confirm that the HIV infection is present in saliva and in all other body fluids and that kissing any infected person must be avoided. He amplifies this by strongly discouraging mouth to mouth resuscitation since the patient may be carrying the disease. All such resuscitation must be conducted by the use of a Brooks Airway thus avoiding contact with the mouth.

In a Channel Four programme, *Murky Waters*, we were reminded that the sea was tested for bacteria and not for viruses. Bacteria is susceptible to heat, sunlight and chemicals including chlorine which is used in swimming pools. Dr Steven Myint of Leicester University proved that viruses such as HIV are more like toxins because they are harder to treat medically and chemicals do not kill viruses or neutralise them.

A verruca is a wart caused by a virus and often acquired at swimming pools and can be successfully treated.

Danger in the sea is possibly more evident. Every day around 300 million gallons of raw sewage is discharged into the sea around Britain and it does not disperse. Such sewage comes from healthy people and some from sick people including those with HIV and AIDS. Those with these conditions do swim in the sea and in swimming pools.

Tests conducted by Dr Myint and his team found anything from 10 to 100,000 astroviruses per litre of sea water from samples taken around our coasts and many swimmers suffer as a result. It is also said that about 25% of people who swim in pools do suffer, as a result from being in the pool, dizziness, eye trouble, nausea and diarrhoea. I had a neighbour, Mrs Locke, who caught a virus in a pool and was subsequently paralysed and eventually died. I had a girl friend who also caught a virus in a pool and died within hours.

It must be emphasised here that Dr Starkie and Dr Myint are not solitary figures. There are innumerable virologists and immunologists who take the same position having conducted experiments which have proved the facts beyond doubt.

But people do not listen and accuse us of scare tactics. The fact is that the tourist industry depends on the income it produces and realises that holiday makers want to swim in the sea and in the pool. Our local pool cost over £500,000 and that money has to be recovered and so the revenue collected from those using pool is essential, and income of £100,000 per year was expected.

Local doctors are encouraging patients to swim as part of a fitness programme. You might get fit but you might get a virus and even HIV.

The average pool contains 100,000 gallons which is reused and reused and regularly filtered. Filters are changed regularly. Chlorine is used as well as a neutraliser, usually aluminium oxide. One of the problems with chlorine is that it can cause swimmers to have sore eyes and eye infections.

No one would use the same bath water as someone with an infection or who had urinated or defecated in the water. And yet we go in the sea and in the pool which contains such impurities. Consider the amount of sewage in the sea, and that, in the pool next to you, someone may be leaking body fluids who is infected with HIV.

It is well known that people use pools and urinate and make other discharges in them rather than go to the toilet. A group of researchers visited many pools in three counties of England and listed what they found in them including safety pins, glass, plasters with blood on them, used sanitary towels, excrement, semen and food. The same was found in the sea including waste discharged from passing boats and ships.

Experiments have shown that just 1 cc of HIV injected into small monkeys produced AIDs in those monkeys. The medical team also diluted the 1 cc of HIV with a quantity of water and injected the monkeys. They also developed AIDS. These were very cruel experiments but they have proved the point that a very small amount of HIV in a quantity of water still survives and infects. But people will not listen. They say that they can't be worried. They may be run over by a bus tomorrow.

Other experiments have proved that 0.0008 per cent of HIV in water does infect monkeys when it is given to them intravenously.

The other problem is that we will be accused of opening a can of worms and of being controversial and irresponsible. Council and hoteliers want people to come on holiday and use the facilities including hotel and council swimming pools to protect their financial interests.

It is very distressing to know that one African child dies every seventeen seconds. Indeed, there are thousands of African people who die every year from AIDS including these innocent young children. Those who refuse to believe the evidence that HIV survives in water claim that this epidemic of HIV is mainly due to promiscuity and prostitution and, more rarely, due to infected blood. Over 80% of these AIDS victims drink and bathe in contaminated water in streams and rivers. It will be appreciated that people wash in such water and that washing would include after sexual activity.

This is further proof that HIV survives in water and infects and kills people.

And people still ignore these facts and repeat that they could be run over by a bus tomorrow.

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