



Eryngium  
maritima

## PLU UNDA

ex Virginia Woolf



U sola pa ki ana. Plu xantho e chloro baci pa kade epi u litora, dona chryso a plu kosta de u ge-erode navi, e un aciera-cyano koruska ad un Eryngium syn id punge phyla. U photo prox perfora plu tenu tacho unda tem mu flu celera face plu flabela epi u plage. U puela seiso u kepha, sti peti poly chroma, topaz, aquamarina, aqua ge-chroma guta kleisto plu pyros(k)inti in se. Nu fe nudi u fronta e syn plu mega oku face u rekti via epi plu unda. Mu tremulo skombro skinti pa gene obskura; mu kumu se; mu plu chloro vali ki ma baso, gene ma skoto, e posi gene kruoi per plu grega de vaga piski. Chron mu splash e flu verso mu linqi u melano line de ramula e korka epi u litora; e plu strami e ligno rami; quasi uno pusi navi pa frakti e plu kosta pa rupti; e u nauti pa nekto a landa, pa skende ana u kremno; pensi plu unda fu pulsa an fragili kargo a landa.

In un horti plu avi pa kanta varia a plu varia tem durante aurora epi u-la dendro, epi u-la frutika. Nu mu kanta syn alelo in chorus, oxytoni, nu syn alelo amiko, nu solo pheno ad u palidi cyano ciela. Mu kurva ana in aero isotem, chron u melano Felis pa ki inter plu frutika, chron u kuko-pe bali cinera epi u kumu, e sti phobo mu. Phobo es in mu kanta e un expekta de dolo, e mu rape gaudi mu. Plus, mu kompeti kanta in u klari mana aero kurva ana alti supra un Ulmus; panto-mu kanta tem mu cas alelo, fugi, casa, bek alelo tem mu tropi alti in aero. E po-cio, fatiga de cas e fug mu kata kali, delikato, kade kata, sedi no-soni, ne kanta epi dendro, epi mura, mu brili oku skopo, mu kepha tropi a-ci a-la; esthe, vigi; forti konski de mo ra, mo idio-ra.

Posi id es u koncha ki ana in u gramini homo u grise katedrala, u bryo domi syn plu ge-kausti zona e plu chloro umbra ex u gra. Alo posi mu pa vide u splendi vista de plu flori face lumi flu purpura epi plu antho-lo, e plu skoto tunela de purpura umbra repti inter plu kauli. Alo...mu fixa plu oku epi plu pusi e brili Malus phyla chore, sed ge-tena, skinti inter plu rosa akro de petali. Alo mu vide u pluvi-guta epi u phragma, pende, ne kade, kleisto ge-kurva in id un holo domi e celsi Ulmus; alo skopo rekti a sola; mu oku deveni plu chryso globula.

Nu skopo a-ci a-la mu pa skopo ma-profunda, infra plu antho longi plu skoto dendro-via ad-in u no-ge-lumi munda; topo phyla gene sapro e antho kade. Poi, mo-mu kalo sagita precis ad u buta beka u moli monstroso soma de u nudi vermi; beka beka e beka; poi linqi id, dura viva, a sapro. La-infra, inter plu radi, topo plu antho putri; plu pusi venti porta plu morta-odori; plu guta pa kreske epi plu tumo facia de plu inflati kosa.

The sun rose. Bars of yellow and green fell on the shore, gilding the ribs of the eaten-out boat and making the sea-holly and its mailed leaves gleam blue as steel. Light almost pierced the thin swift waves as they raced fan-shaped over the beach. The girl who had shaken her head and made all the jewels, the topaz, the aquamarine, the water colored jewels with sparks of fire in them, dance, now bared her brows and with wide-opened eyes drove a straight pathway over the waves. Their quivering mackerel sparkling was darkened; they massed themselves; their green hollows deepened and darkened and might be traversed by shoals of wandering fish. As they splashed and drew back they left a black rim of twigs and cork on the shore and straws and sticks of wood, as if some light shallop had foundered and burst its sides and the sailor had swum to land and bounded up the cliff and left his frail cargo to be washed ashore.

In the garden the birds had sung erratically and spasmodically in the dawn on that tree, on that bush, now sang together in chorus, shrill and sharp; now together as if conscious of companionship, now alone as if to the pale blue sky. They swerved, all in one flight, when the black cat moved among the bushes, when the cook threw cinders on the ash heap and startled them. Fear was in their song, and apprehension of pain, and joy to be snatched quickly now at this instant. Also they sang emulously in the clear morning air swirling high over the elm tree, singing together as they chased each other, escaping, pursuing, pecking each other as they turned high in the air. And then tiring of pursuit and flight, lovelily they came descending, delicately declining, dropped down and sat silent on the tree, on the wall, with their bright eyes glancing, and their heads turned this way and that; aware, awake; intensely conscious of one thing, one object in particular.

Perhaps it was a snail shell, rising in the grass like a grey cathedral, a swelling building burnt with dark rings and shadowed green by the grass. Or perhaps they saw the splendour of the flowers making a light of flowing purple over the beds, through which dark tunnels of purple shade were driven between the stalks. Or they fixed their gaze on the small bright apple leaves, dancing yet with held, stiffly sparkling among the pink-tipped blossoms. Or they saw the rain drop on the hedge, pendent but not falling, with a whole house bent in it, and towering elms; or, gazing straight at the sun, their eyes became gold beads.

Now glancing this side, that side, they looked deeper, beneath the flowers, down the dark avenues into the unlit world where the leaf rots and the flower has fallen. Then one of them, beautifully darting, accurately alighting, spiked the soft, monstrous body of the defenceless worm, pecked again and yet again, and left it to fester. Down there among the roots where the flowers decayed, gusts of dead smells were wafted; drops formed on the bloated sides of swollen things.

U derma de sapro frukti rupti e stof exude tro viski de flu. Plu Limax exude plu xantho ekskreti, e plu-chron un amorpho soma syn u kepka

ad amphi akro oski lento. Plu chrys-oku avi sagita inter plu phyla skopo u-la putri, u-la fluidi, questio. Freque mu pa trud un akro de beka ferccio ad-in u mucu mix.

Nu, plus, u ki-ana sola ki ih u fenestra tange u rubi margi kortina; e proto emphasi plu cyklo e lin. Nu in u kreske lumi u leuko pa sedi epi u diska; u blada kondensa id lumi. Plu hedra e kabineteta surge ex u skoto. Singu-ra es ge-lyso, sed mu sembla in alelo ge-fusi. U spekula epi mura gene ma blanka. U rubi flori epi u fenestra-pla habe u fantomi kompanio. Sed... u fantomi es u mero de u flori, ka chron u blasto erupti u ma palidi flori in un hyalo pa apri u blasto iso.

U venti pa proto fla. Plu unda pa sphygmo epi u plage homo ge-turbana hoplita syn ge-toxi assegai; qui; sti gyra mu hopli alti, avanto ad-epi plu boski grega, plu albi Ovis.

The skin of rotten fruits broke, and matter oozed too thick to run. Yellow excretions were exuded by slugs, and now and again an amorphous body with a head at either end swayed slowly from side to side. The gold-eyes birds darting in between the leaves observed that purulence, that wetness, quizically. Now and then they plunged the tips of their beaks savagely into the sticky mixture.

Now, too, the rising sun came in at the window, touching the red-edged curtain, and began to bring out circles and lines. Now in the growing light its whiteness settled in the plate; the blade condensed its gleam. Chairs and cupboards loomed behind so that the each was separate they seemed inextricably involved. The looking glass whitened its pool on the wall. The real flower on the window sill was attended by a phantom flower. Yet the phantom flower was part of the flower, for when a bud broke free the paler flower in the glass opened a bud too.

The wind rose. The waves drummed on the shore, like turbaned warriors, like turbaned men with poisoned assegaes who, whirling their arms on high, advance upon the feeding flocks, the white sheep.



GLOSA

DE BIBE PANI

TACHO-GLOSA



U-ci duce na ad u questio de un arti de gusta. Poly persona simpli gluto mu sito. Hyper-ge-kuko sito habe zero gusta; e pe posi facili gluto id.

Nu sume u buka-ple de holo-grani pani ge-face ex organika Tritikum. Mastika e dura mastika. Esthe u gusta. U saliva flu ad-in u buka-ple; e iso-tem u gusta gene ma pluto. Tu klasti u Tritikum e libera id eu. Kontinu a-chron un ultima mikro gusta; e tu fu eurisko; tu fu pa bibe u buka-ple.

U saliva kontena poly pepsi-suku pro plu cereali; seque tu fu pa compli u maxi lysu de u sito.

Tu buta es; de ekstrakti un ultima tracia de gusta syn fru; e tu eurisko; tu habe reali ge-mastika e ge-fru tu sito; e ne habe simpli ge-gluto id.

Nu akti iso syn u leuko pani. U buka-ple frakti ad-in u viski obskeni mixa; qui es holo minus gusta. Akti u-ci; e tu fu nuli-chron phago leuko pani itera.

uc duc a u ? d u art d gu. Mlt pe smp glt mu sit. H-g kk sit H z gu; pe ps Fl glt id.

nu sm u bk-P d o grn pn g F x org trt. mstk e du mstk. E u gu. U slv fl ai u bk-P; + =tm u gu G ma plt. tu klst u trtk e lb d eu. Ktn a krn u ult M-gu; + tu f ursk; tu f pa bb u bk-P.

u slv Ktn py pep suk P- p cr; sq tu f pa Kpli u mx L d u sit.

tu bt s; d xT u ult tro d gu K- fru; + tu ursk; tu H rl g mstk + g fru tu sit; + tu H smp g glt d.

nu A = K- u lk pn. u bk-P fr ai u vsk obsk mix; q s o - gu. A uc; + tu f z krn fg lk pn re.

U-ci artikla veni ex Resurgence numeru 116. U-ci numeru tene poly artikla de suela, sito e agrikultura. Preci \$1-50 ex; Resurgence, Ford House, Hartland, Bideford, Devon, U.K.

## PLURA GYNA NYMA

Continued from PGN.28.

G = Greek. L = Latin. I.E. = IndoEuropean.

HILARI L. cheerful, merry. Ultimately Greek, the rt. being HIL-.

HYPATIA G. supreme. fr G. HYPER, over. G. H for L. S. HYPER cog. L. SUPER. SIX, HEXA. HERPES SERPENT etc.

IDA G. happy, beautiful. ADA is Germanic form.

IMOGEN G. beloved child.

IRENE G. Peace.

IRIS G. Rainbow.

JOYCE, JOCELYN. L. playful, JOKund. JOKE.

JULIA L. JULIUS was a L. clan name. JULIUS Caesar. Month of JULY.

JUNE L. goddess JUNO, guardian of women.

KATHARINE. G. pure. utterly clean. KATHARSIS.

KAY. G. CHAIRO, rejoice. MIKROCHAERA, a genus of Humming-birds.

LAURA. L. LAUREL.

S = Sanskrit. fr = from.

All Glosa words are capitalized.

LAVINIA. L. fr LAVA, clean. Means cleansed.

LEONORA. G. light.

LILLIAN. L. purity. G. LEIRIA, lily.

LIRIA. G. delicate. fr G. LEIRIA, lily.

LOIS. G. desirable, good.

LUCILLE. L. light-giving. cog LUCID. LUCENT.

LUCY L. born at day-break. LUCID.

MARGARET fr G. MARGARI, pearl.

MEGAN. L. great. MEGA-LITH, great stone.

MELANI G. black. a mourner.

MELISSA G. bee, symbol of industry.

MIRANDA. L. MIRA, to wonder at. MIRANDA, admIRABLE.

MOIRA. G. destiny, lot. Your MERO, share, part.

MONIKA. L. adviser. MONITO, warn, advise.

MURIEL. G. fragrant like MYRRH.

# THE GLOSA WAY TO MODERN GREEK

One of the most astonishing things about the Greek language is that it has scarcely changed from classical Greek during say 2000 years. Many visitors to Greece are certainly discouraged from learning the language perhaps owing to its atfirst sight strange-looking language. First of all the Alphabet. Not so strange. 24 letters, 10 almost the same as English. And anybody who has studied elementary maths must surely be familiar with the whole alphabet. If the reader is not one of these then 15 minutes is quite long enough to learn it in. English and therefore Glosa contain great numbers of Greek roots, knowledge of which will enable any motivated reader to quickly master Modern Greek and pick their way thru a modern Greek newspaper. The first article on the Glosa Way to Modern Greek appeared in PGN 20. Below is a follow up listing parts of the body. and some medical terms. Words and parts of words in capitals are Glosa words. There are three genders in Greek, Masculine Feminine and Neuter and the corresponding definite articles are o e & to. Bracketed expressions in the Notes are literal renderings of the Modern Greek.

ENGLISH	MODERN GREEK
head	TO KEPHALI
face	TO PROSOPO
skull	TO KRANIO
forehead	TO MET-OPo
eye	TO MATI
eyelid	TO BLEPHARO
mouth	to STOMA
lip	to CHEILOs
tooth	to DONTI
blood	to AEMA
tongue	e GLOSSA
throat	o LAEMOs
tonsil	e AMYGDAli
gland	o ADENAs
hair	e TRICHA
skin	to DERMA
body	to SOMA
vein	e PHLEBA
rib	to PLEURO
spine	e SPONDYLICHe STELE.
chest	to STETHOs
abdomen	to HYPO-GASTRIo
lungs	oi PNEUMONes
heart	e KARDIA
intestines	to ENTERA
stomach	to STOMACHi
shoulder	o OMOS
arm	o BRACHIONAs
elbow	
hand	to CHERI
wrist	o KARPCS
finger	to DAKTYLO
thumb	o ANTI-CHEIROs
nail	to NYCHI
leg	to PODI
ankle	o ASTRAGALos
knee	to GONATO
illness	e ASTHENEia
food	e TROPHE
pain	o PONOs
headache	o PONO-KEPHALOs
a cold	to KRYOMA
inflammation	e PHLEGMone
trouble	oi DIA-TARACHes.
cancer	o KARKINOs
polio	e POLIO-MYEL-ITIS
medical	IATRICHe
treatment	e THERAPEIa
medicine	to PHARMAKO
prescription	e SYN-TAGE
ambulance	to ASTHENO-PHORA
disease	NCSO
treat	THERAPEUo
anaesthetize	AN-ESTHETO-PCIO
dentists	o ODCNTO-IATROs
tooth-ache	o PONO-DONTOs
extract	EX-AGO

## MNEMO-TECHNIC NOTES.

ECG. ElectroEnCephaloGram. cog GABLE,house-top.  
 PROS, fr PRO,forwards from + OP, eye as in OPTics.  
 CRANIum.  
 META,after as in META-PHYSics. + OP,eye.  
 omMATI-dium  
 fr BLEP,see. BLEPHARO occurs in medical terms for eyelid.  
 STOMACh is 2nd mouth. STOMA, microscopic mouth on green leaf.  
 CHEILItis is inflammation of the lip. CHILO-PODA. CHILO-PLASTY  
 ODONTology, science of teeth. L. DENTAs in DENTist  
 HEMO-GLOBin. AN-EMia(no-blood). HEMO-RHAGE(blood-burst).  
 GLOSSAry.  
 LAEMO PARALYSis.  
 AMYGDA, almond.  
 ADENoids.  
 TRICHO-LOGY (the barbers art). TRICHOme, leaf-hair.  
 DERMAtitis. EPI-DERMis.  
 PSYCHO-SOMAtic(mind-body). CHROMO-SOME.  
 PHLEB-ITis (vein-inflammation).  
 PLEURicy.  
 STETHO-SCOPE(chest-observe).  
 (under-stomach).  
 PNEUMONia.  
 CARDIAc surgery.  
 GASTRO-ENTER-ITis(stomach-gut-inflammation).  
 ACR-OM-ion,point of shoulder-blade(Med.)  
 OMO-PLATE(shoulder-flat) Fr. for shoulder-blade  
 em-BRACE. BRACElet.  
 CHEIRO-PODY(hand-foot).  
 PTERO-DACTYL(wing-finger).  
 (opposite, against-hand)  
 PAR-ONYCHia(beside-nail), whitlow. nail in German & Old  
 Eng. NAGel. L. UNGUA. IE rt NAG & NOG.  
 TRI-POD (3-legs). PODium. TETRA-POD. Octopus is a  
 KEPHALO-POD; it has its head on its 'legs'.  
 cog. OSTRAKA, hard shell. OSTEO, bone.  
 PENTA-GON (5-angles). knee & GoN cog.  
 ASTHENEia(weakness,debility). ASTHENOpia(poor vision).  
 A-TROPHic (not-nourish).  
 POEia, make,create. PON-, creating is hard painful work.  
 (pain-head)  
 CRYO-GENics deals with production of very low temperatures.  
 CRYSTALis is G for ice. cog CRUST.  
 PHLEGM produced by fever. cog FLAME.  
 (crab). CARCIN-OMA.  
 (grey-marrow-inflammation)  
 PSYCH-IATry (mind-doctor).  
 THERAPy  
 PHARMACO-LOGY, PHARMACY.  
 (together-arrange) as in SYN-TAX. TAXO-NOMy.  
 (weak-carry).  
 NOSO-GRAPhy (description of diseases)  
 THERAPEUTic  
 (not-feel-make)  
 (tooth-doctor)  
 (ache-tooth)  
 (out-drive)



# BIOTECHNOLOGI

U-ci es u tem de plu skience revolutio. A-nu psychology pa es reali u rami de physiology. Sed plu neo detekti in u paranorma anuncia u proto de a veri psychology; qui fu stude u Psycho e ne u soma. U mikro-mika funktio pro info.

BT (BioTechnology) e GM (Geneti Mechanika) es pro plu materia e sani. BT uti plu mikrobi pro face de antibiotika, plu chemi-ma, chroma-ma, vitamina....proxi panto-ra. Panto-ci ge-face per u mikrobi...mono kyto..... e plu monokyto ge tira ex plu hetero organisma. BT ne es neo. U phago de pani,kasea e bira gene face holo per plu mikrobi. Homi pa face plu-ci posi pre 10,000 BC.

c 1500 BC. Plu Azritek de S. Amerika pa kulti, karpe e phago algae

1670 Kupra pa gene ex u mina in Espana syn un auxi de plu mikrobi.

1680 Leeuwenhoek pa vide u mikrobi per mikroskopa.

1890 Ethanol(Alkohol) ge-uti de fueli plu vagona.

1897 Buchner pa detekti; que plu enzima ex zyma muta sukro-ma a ethanol.

1928 Alexander Fleming detekti penicillin

1953 U detekti de u diplo-helix in DNA

1962 Uranium gene ex mina per un auxi de bakteri.

1973 Proto GE experimenta

1982 GE ge-produce insulin ge-dona a plu diabete-pe

BT fu revolutio panto-ra in u fu-tem.

Plu Mikrobi existe panto-lo; in buli hydro, in glacia, in olea. Mu pote phago proxi panto-ra; xylo, plastika, litho, petroleum. Plus, mu produce u mega numera de utili materi.

1973 GE pa dona u mega stimula a BT per u positi de u mero info ex mo bio-ra in un hetero.

U-ci es ge-asocia syn kyto-kulti (Alexis Carrel) Chron mu gene plu nutri-ma; plu mikrobi kreske, multipli fo tacho. U tota masi de plu mikrobi in u vasa fu diplo in 20 minuta. Singu mikrobi divide ad-in bi mikrobi in 20 minuta.

## U CHEMI DE BIOTECHNOLOGI

Nuli-pe pote defini Bio. Plu defini muta syn tem. Sed panto-na habe uno idea uno logi de id. Id es ge-asocia syn plu kyto; e u myria de hetero molekula Il es un imensi numera de pheno hetero bio-ra ex Mycs a Elephantia. Sed panto-ci gene face ex plu kyto e u myria de hetero molekula. Plu bio kyto es fo mikro. u punkta epi u litera i pote depti 5000 erythro-kyto (rubi hema kyto). E un Homi soma kontena proxi 100 bilicna 100,000,000,000.

BT manu solo plu mono-kyto. Il es tri speci.... Bakteri, Algae, Fungi.

U Bakteri habe more mo de tri morpho: baci, spheri e spirali. Metri cirka  $1/1,000,000$  m.

Un Alga kyto es ma mega, e kleisto chlorophyll; ka-cio pote uti u sola energi. te face plu myria de enormo molekula. Poly fungi existe in u forma de mono kyto. Poly mu gene organiza in plu mega soma; anti-cio singu fungus-kyto pote existe solo. il es no-depende.

U bakteri mono kyto es no-dura ge-doxo 'haplo'. Reali, singu kyto es fo- fo-komplexi. Id kleisto poly kilo de enormo e komplexi molekula. Panto-ci gene face ex plu haplo oligo-atomi molekula in un ambienta.

Metabolismo es u nyma pro u reti de plu reakti u kyto uti,de face e muta plu-ci fo-komplexi molekula.

Plu maxi importa molekula in ali kyto es u Protein Plu Proteina gene face per taxo, permuta 20 hetero pusi tekto-bloka -- plu amino akidi. Syn oligo excepti plu amino akidi ka-cio plu proteina es ge-face ex solo 4 hetero atomi ---- Carbon Hydrogen Oxygen e Nitrogen.....C H O N.

U stupe versatila de plu Proteina veni ex u fakta que per varia u taxo de plu-ci Amino Akidi id es posi de gene un infinita de plu morpho de Protein. Plura Proteina kontena solo oligo Amino akidi; e plu hetero habe ma de 200.

Pleisto enzima gene face ex plei de 100 amino akidi sub-unita.

U katena de solo 12 hetero amino akidi ex 20 pote dona plu biliona de hetero permuta.

Plu proteina habe panto speci morpho; e u-ci mor morpho pote facili gene muta per uno mikro sed debi stimula.

Un Homi soma kontena ma de 30,000 hetero protein. Singu protein habe mono idio funktio.

Un enzima es u biologi katalysti. Id sti ma tacho u reakti;qui sio es fo lento alo no-posi minus id.

U norma kyto posi kontena 1,000 hetero enzima.

Plu-la poly kyto in u mega organisma kontena plu deka de kilo hetero enzima.

Singu chemi-ma (molekula) habe id idio-morpho.

Poly mega molekula habe u tri-dimensio morpho.

Un enzima akti epi u substrata homo u klavi in kleidi.

Po un enzima produce u muta;id es prepara de repeti u procesi.

Panto-bio-ra depende ex plu milicna acide homo u-ci --- e akti non-ero, precise.

U Querkus dona nati ad u Querkus; u Skiurus dona nati ad u Skiurus.



U geneti unita es u GENA. Pheno singu gena face u katena de amino akidi; seque-cio plura gena posi ko-opera te produce un holo enzima.

## DNA - U DIPLO HELIX

Tem 1940 + pe pa detekti; que u gena es ge-face ex DNA (Deoxyribonucleic Acid).

U DNA molekula es fo longi e sinuo.

U gena es mo mero de u DNA molekula.

DNA molekula kontena un info te face u proteina.

Chron pe loka chroma-ma ad-epi u kyto plu certa-ra gene ma chromo de plu residua-ra.

Supra toto in u nukleus plu certa-ra gene fo-chrom Plu-ci es plu Chromosoma.

Singu chromosoma es mo longi DNA molekula; e plu gena gene taxo longi id.

Singu speci organisma kontena u ge-fixa numera de chromosoma. Bakteri solo mo; Homi 46.

U bakteri chromosoma vaga libe in u kyto. Antic- cio plu ma-komplexi organisma habe mu plu chromo- soma ge-kleisto in u nukleus.

Plu organismo syn plu ge-nukleu chromosoma es ge-nyma Eu-karyota; e plu residua(exempla bakteri) es Pro-karyota. Unexiste de u nukleu distingui plu ma-alti organisma ex plu ma-basi.

DNA es,pheno, subo haplo. Id konsiste de solo 4 hetero molekula ge-nyma plu nukleotida.(N).

Plu-ci N es ge-taxo longi u DNA in u precise ordi pro singu organisma. Mu kontena un info pro face un holo matura organisma, Vermi alo Homi. Singu N konsiste de tri mero---u sukro-ma, u Phos fate, e u BASI.

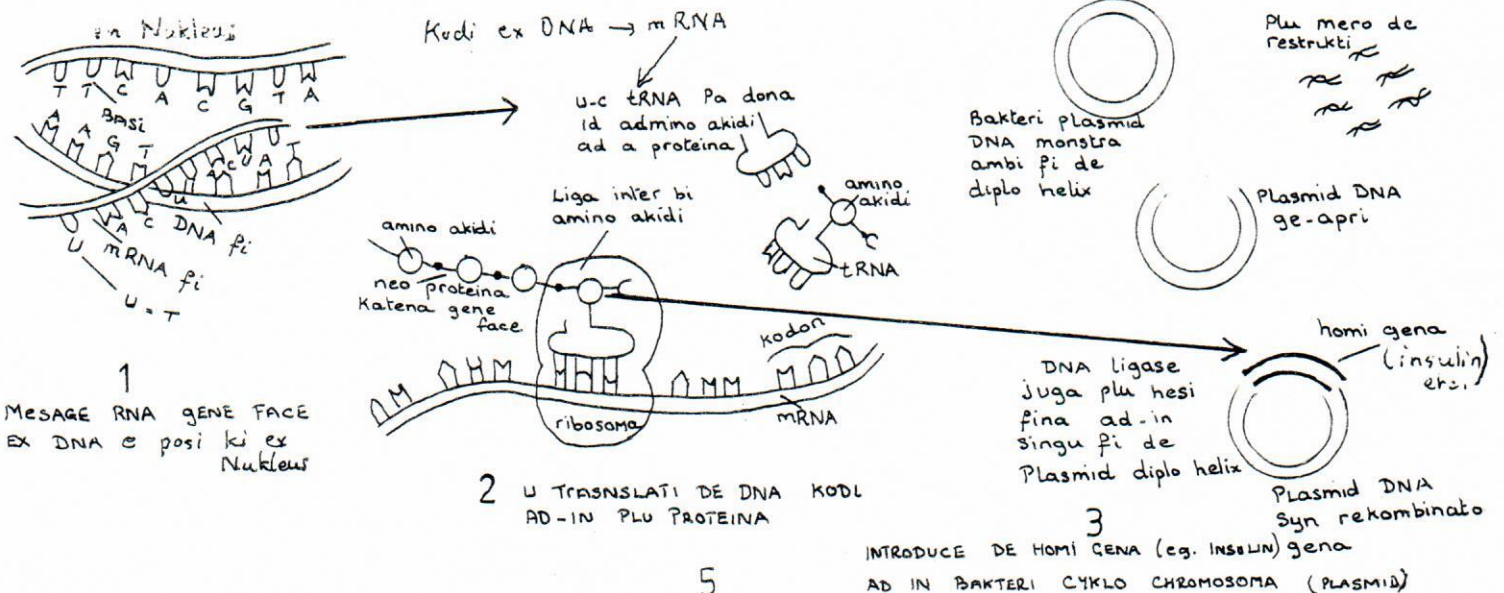
In mo Homi chromosoma(Ch) es proxi tri bilions, 3,000,000,000 N.

U Basi dona ad u N id idio-natura, id individuali  
 U sukro-ma e Ph es panto-chron iso.  
 DNA molekula habe u nu famo morpho de u diplo-hel  
 ----bi katena de plu N ge-strepto peri alelo.  
 Plu tetra basi es Adenine(A), e Thymine (T); e  
 Cytosine(C) e Guanine(G).  
 U Diplo-helix habe u morpho de un helika skala.  
 A epi mo fi pote juga syn solo T epi un hetero  
 e C epi mo fi syn solo G epi un hetero.  
 A ne pote juga syn C alo G; e T ne syn C alo  
 A & T, C & G es ge-nymo plu komplementari Basi.  
 U-ci no-varia relatio es ge-uti ex u kyto pro bi  
 procesi. 1 te face plu kopi de u DNA  
 2 te taxo id plu proteina in u preci  
 ordina.

Klei plu maxi kompleksi multi-celula organisma kre  
 kreske ex mo kyto---u ge-fertili ova.  
 U-ci proto kyto kreske, poi divide te face bi fil  
 kyto. ppi singu-ra de plu-ci divide e so  
 avanto a-chron u matura organisma gene face.,  
 i.e. a-chron u soma habe cirka 100 biliona kyt  
 A singu divide u diplo-helix gene lyso ad-in bi  
 katena.  
 Seque-cio singu filia-kyto habe mo longi katena d  
 plu N.  
 A singu divide u skala, ge-divide kata u meso-lin  
 habe mo latera mero e mo hemi-mero de u trans-  
 mero.  
 Id nece gene vesso un hetero hemi de u Ch te gene  
 verso un holo DiploHelix.  
 Itera, in u-ci kaso, singu Basi juga syn id  
 komplementari Basi---A synT, C syn G.  
 Panto-ci aktivi gene kompli per plu idio-enzyma.  
 Un ordina de plu Amino Akidi (AA) in u protein es  
 ge-kontrola per un ordina de plu Basi in u DNA.  
 DNA RETA IN U NUKLEUS. NULI-CHRON KI EX.  
 Un info pro face mo protein gene kopi ex mo mero  
 de DNA ad-epi u messenger RNA ----mRNA; qui ki  
 ex u nukleus dia mo de poly fora in u nukleu  
 membrana.  
 Un info gene TRANSKRIBE ad-in mRNA.  
 Singu grupa de 3 Basi epi mRNA es u KODON.  
 U-ci kodon es mo verba de u mesage.  
 Singu Kodon rapti un AA(qui veni in u soma in na  
 sito) e positi id epi u precise topo epi u  
 RIBOSOME. Plu-ci AA's yn alelo face u ge-volu  
 protein.

## RE TEXI PLU FI DE BIO

1980 Juli. 17 volu-pe gene un injekti de insulin  
 a Guy's Hospital, London. No-mira de u-la.  
 Sed, u-ci Juli insulin pa veni ex plu bakteri,  
 vice ex plu pankreas de Bovi e Sui.  
 1982, Septembra. Industri uti plu bakteri te face  
 plu mega quantita de insulin.



Nu u lista de plu materi ge-face per Geneti Mecha-  
 ika kreske proxi singu di.

ID ES NU POSI DE TRANSFERO PLU GENA EX MO ORGANISMA  
 AD-IN UN HETERO; PE NU POTA STI PLU KYTO FACE PLU  
 MATERI; MU NULI-CHRON PRE PA FACE.

PLU MIKROBI ES NU PLU FACE-ME DE PLU UTILI MOLEKULA.  
 Duranto plu kilo anua plu mikrobi pa du face Kasea,  
 Vina, e Pani pro Homi. Ka-cio plu technologisti  
 habe mega experi e praxi.

Te gene u neo posi fo-kompleksi materi (i.e. molekula)  
 1 Detekti u gena; qui kodi pro u molekula  
 2 Inokula u gena in u bakteri  
 3 Sti u bakteri synthesi u molekula.  
 4 Kolekti u materi.

Mo no-facili pro GM es; u mikro metri de u kyto;  
 Memo! tu pote positi 5000 kyto epi u-ci punkta..  
 e mo Homi kyto kontena plu kilo de Gena.  
 U moderna elektroni mikroskope es imensi dynami;  
 sed id ne pote vide mo gena.

1 Detekti u Gena.  
 Excepti plu seku kyto panto kyto de Homi soma kon-  
 tena precise un iso info.  
 Sed, singu kyto in u soma habe un idio rola. Ad u  
 radi de u kapila plu kyto nece face u tricho; anti  
 id habe un holo info te face un holo matura Homi.  
 U-ci signifi; solo mo alo oligo gena gene expresi.  
 Ka-cio in u kyto qui expresi solo mo gena; il fu es  
 solo mo speci mRNA

Anti-cio u ge-expresi gena ne pote ki ex u nukleus;  
 sed id nece transfero un info ad u mRNA; qui pote  
 ki ex.

Ka-cio in u kyto qui expresi solo mo gena; il fu es  
 sclo mo speci mRNA; e u-ci mRNA fue es in mega mei  
 quantita de un holo info in u kyto.

Postula u GM-pe volu un insulin gena.  
 Pe sume un Homi pankreas; qui face insulin.  
 Apo u pusi quantita (i.e. plu milions kyto).  
 Nu cerca ne in u fo-fo-kompleksi konfusio de u  
 nukleus sed extra u nukleus; topo fu es un insulin  
 mRNA.

Chron pe rupti u kyto; plu myria de plu kilo de  
 hetero speci molekula gene libera.  
 Pa gyra mu in u centrifugi-me. Plu ma-masi materi  
 gene bali ad u funda de u test-tuba e plu no-  
 massi resta supra. Per-cio pe kolekti plu mRNA.  
 Pe nece nu muta u-ci mRNA verso a insulin-DNA.  
 Pre oligo anua pe pa dcxo; id es ne-posi de akti  
 u-ci....mRNA a DNA.

Sed pe detekti u virus; qui face un enzima; qui  
 pote akti u-ci. Ge-nyma Reverse TranSkriptase.  
 Homi mRNA + RTS produce mo fi DNA ge-kopi ex u  
 mRNA. U-ci ge-kopi DNA es ge-nyma kDNA.  
 Un hetero enzima ---DNA polymerase ---poi face u  
 komplementari kopi de u-ci proto fi; e nu  
 Na habe u Diplo Helix de insulin DNA.

# U MAGIKA CYKLO

2 Inokula u Gera in u Bakteri. U MAGIKA CYKLO.

Plura bakteri kontena un info pro mu dura vive epi mo mega Chromosoma; qui habe u morpho de u cyklo. Ge-nyma u PLASMID.

A-nu pe ne logi u precise funktio de u plasmid; sed Pheno, mu freque dona pote de resisto plu anti-biotika -ma.

Fo boni-fortuna plu-ci plasmid habe u fo-utili qualita; mu lapse facili ex mo kyto ad-in un hetero; KLEI CHRON U-CI ES U DIFERE SPECI.

Nu, pe nece apo u plasmid ex mo bakteri. Inseti u ge-volu kDNA (e.g. insulin kDNA) ad-in id, Nu pe pote sti lapse u neo plasmid in un hetero bakteri. Un inseti acide komo in frs.

Na nyma u-ci speci plasmid u VEKTOR, u porta-ra. Na nece apo u mero de u plasmid e inseti un Homi gena.

Te akti u-ci; pe uti un hetero enzima..uRESTRIKTI ENZYMA.(PE)

U RE skana longi u DNA fi a-chron id enkontra u certa triad de Basi.

Id sto ci; e seka. U fo-boni fortuna e kruciali punkta es; que mu ne seka rekti trans u diplo-fi; sed solo dia singu fi; seque 4 Basi projekti ex singu fi.

Plu-ci projekti Basi nu gene kopula; e so id es pote cepti u ge-inserti gena syn plu cB koresponde a plu-la de u plasmid. Nu pe habe u neo-plasmid cyklo; qui kleisto un Homi cDNA pro insulin etc.

3 TE KLONA U GENA (vide Fig.3)

3 Te Klona u Gena.

Nu pe inserti u Rekombinanta Molekula(RM) in uno bakteri ge-favo de face u ge-volu proteina. U maxi ge-favo bakteri es u famo mega-ge-stude Escherichia koli.

Pe sti lapse u plasmid in Escherichia.

Mo plasmid nu fu gene multipli e so dona oligo deka de se...iso replika. Si u plasmid kontena un Homi gena, u-ci, plus, gene multipli.

Singu E coli bakteri divide e face bi singu 20 mi minuta. In u fo-brevi tem mo bakteri dona nati a plu miliona filia.

U Klosa es u demo de kyto, panto mu veni ex mo ancestor. Panto kyto de u klona habe un iso geneti struktura.

Per-cio, in mo di mo bakteri fero u Rekombinanti Molekula fu dona plu miliona de iso kyto.

Panto mu kleisto un Homi gena; e na dice u Gena es ge-klona.

## UN IMAGINA NIKO

NIKO.win. NICE on French Riviera was scene of Greek victory.



Relaxa e imagina

(Vide PCN 21)

In u lukta inter u volunta e un Imagina un Imagina panto-chron e fo-facili niko. Si mi positi u longi lati taba epi u suelae petitio tu de gresi longi id; tu fu akti id facili. Si mi positi un homo taba inter plu stego de bi alti-domi, tu fu fo probabli kade kata. Duranto u kade tu fu habe tem de kogita de plu-ci kosa; e posi tu fu subito logi; que reali tu pa bali se kata; simpli kausa tu pa imagina kade. Tu pa piktu u mega alti, u longi kade, e u fina impakti. Po u-ci imagina tu gene phobo. Sed, u Soma (ne u Psyche) es u speci machina, u fo mira machina, sed u machina, e tu piktu, tu imagina es u komanda ad u Soma de kade. U funambulisti nuli-chron pote imagina kade; e kacio mu nuli-chron kade.

Konsidera mi auto kaso. Mi pa aprende de age u vagona. Mi pa merca u meso paleo Dormobila; e imedia pa ki kampi in France. Mi pa trova un age in France fo facili e pa spende oligo delekta seti-mana la. Mi pra decide; que kausa mi pa es u neo age-pe e, pluso, u vagona pa es u ge-usa; id sio es sophi de resta a mari libela; e ne ki ana plu kolina.

Mo vespera mi pa examina u carta e decide de vagona proxi 8 km. ad un hetero kampi-lo. U via tosto pa proto ki ana, pa gene fo klina; e mi logi; que il es u monti inter A e B e mi nu age epi id. U klina pa dura, ana e panto-tem ana. Alti e dura ma-alti. U dura precipice. U magnifio vista es u-la de un Aquila. U mira, delekta; e mi pa du regreti; que id gene skoto. Anti-cio mi age lento e kura, pa pasa bi hetero vagona ki in u kontra direkta; e mi habe tem de skopo kata ex chron a chron, e fru un extraordinari kali prospekta. Mi pa vide plu ruina de oligo vagona; qui pheno pa kade supra u margina. Po proxi bi horo mi pa ariva ad u neo kampi-lo. Id pa es in u pusi vali inter bi pusi monti. Poi subito u deino tropika tempesta proto. Fulgu. Bronto. Fulgu singu sekonda. Un enormo bronto pa du oho ad e verso inter plu monti-mura; seque u soni pa dura homo u mega bomba minus pausa - mono longi

nokti-longi no-pausa rumora. Mi sti u radio fo-soni e pa uti u Tilley lampa, pa baso plu kortina. Fo tosto oligo pyro pa proto proxi u vagona, e u Querkus e Eukalyptus epi plu kontra latera gene fulgu ambi gene fisu ex akro a radi. U tempesta dura un holo nokti; e, poi, komo es norma in u Midi, syn u mana pa veni u thermo sola.

Quo es u nexu de u-ci stori syn sani? Ben! u punkta es u-ci; Homo poly persona mi sufere ex kremno-phobia. De uti u phrasa ex P.G.Wodehouse, mi gene vertigo stasi epi u margina de u pedi-via. Nu, si, pre mi pa proto u viagia, uno pe pa dic a mi; mi nece prepara de age mi paleo vagona ana u monti; e age e kontrola id longi u margina de u precipice, in oligo minuta mi pa sio holo no-pote de klei tenta u viagia. Kausa mi pa sio habe tem de imagina u myria perilo. Mi habe u forti imagina; e u-ci negativi imagina pa sio exertu u fo-negativi influ; syn u seque; mi pa sio gene holo no-pote de age klei longi u rekti via a mari-libela.

U-ci experi auxi dona a mi un auto-fide. Ex u-la experi (proxi 18 anua retro) mi pa du lekto mega de Alternativa Medicina; de u dyna de un imagina e u mode de uti id - de uti u positivi imagina.

Pe ne pote hyper-estima u dyna de un imagina, ge-uti positivi. Pe pote dice; que nuli-pe ski; quo es u limita ad u-ci; fo probabili il es zero limita.

## PLU MIRAKULA ACIDE

Plu mirakula reali acide a Lourdes. Ne poly, sed solo mo debi .....debi!..... sti plu medika recerke pe muta mu holo simplistika Cartesia philosophi. Id es famo; que poly kaso Kancera subito gene repara anti plu expekta de plu pachy-krania iatri-pe. An (plu iatri-fe habe usuali ma sophi) evita plu no-gluko questio per u verba...spontane remisio. e an dice; an ski poly kaso de u-ci fenomeno. per u-ci strategi, per don ad id u dismissive nyma an pote tacho pulsa id ex an memo; e an pote dura kredi u simplistika mecanismo an pa stude ad un universita.....plu idea rekti ex Descartes 300 anua

retro. Boni-fortuna, il est oligo exceptio. Pre U Munda Guerra 2, Dr Alexis Carell es mo de plu-ci. An pa kredi quod an pa vide; e ne quod plu hetero iatri-an dice acide. An pa examina infra per u mikroskopi u kancera; qui pa reakti positivi a Lourdes. Plu lesio gene repara; precise homo an freque pa vide plu hetero lesio reparase. Sed in u-ci Lourdes kaso u repara tem es 100 X 1 ge-tacho. Un akti de Theo? alo un akti de auto imagina? Posi ambi es korekti.

## TU POTE REPARA SE

Un homi soma habe u myria mechani; qui pote facili alexi tu anti plu patho; e repara tu chron tu habe patho.

Chron mu gene patho u ma numera de persona ki imedia ad un iatri-pe. Mu resta pasivi; e expekta un iatri-pe de interveni.....de dona a mu uno pharmako, alo de therapi, de apo uno mero de mu soma. U-ci speci medicina es ge-nyma Interventionisti. Sed in plu kaso de 90% de panto patho u soma auto pote remedi u patho-pe; qui debi auxi u soma per un imagina.

Dr. Vernon Coleman reporta; "U maxi forti evide; qui suporta mi doxo que plu patho-do e plu iatri-pe noce tu sani;es u-ci; chron plu patho-pe ne pote gene medika-auxi; mu freque viva ma longi. In 1973 chron il pa es u meno-longi iatri-pe stop-ergo in Israel; il pa es u 40% kade in u morta-ratio. 1976 il pa es plu iatri-pe stop-ergo in Kolcumbia e Los Angeles County. In ambi loka u morta-ratio pa kade mega."

## RELAX U SOMA

Si tu kredi; tu habe u patho; sti tu iatri-pe examina tu; si id es u krisis-kaso; posi id es bene de cepti un orthodoxi interveni therapi. Sed in panto hetero kaso trova u no-soni loka; kumbe si tu volu; e aprende de relaxa Soma e Psyche.

Il es poly excele bibli de Relaxa; ka-cio, solo plu esentia punkta gene sumariza ci;

- \* Duranto relaxa panto puta, panto imagina es mega ma dyna.
- \* Trova u no-soni loka, topo tu ne fu gene inter rupti.
- \* Skan tu holo soma. Tensio singu mero..... tensio u pedi; tena u tensio; nota un esthe ge-asocia syn u tensio. Nu relaxa u mero lento; un holo tem stude un esthe. Dura u procesi a singu mero de u soma; ne no-memo plu skapa, u cervika, u pyga, u facia. Kluda plu oku forti, ruga u fronta, distorti u facia, tena u tensio tem penta sekunda, relaxa lento.
- \* Nu tenta de tensio un holo soma, panto myo syn alelo, plu pedi, poda, pugna, brachi etc. Tena 5 sekunda. Relaxa. Tosto post oligo di tu fu pote tensio e relaxa fo-tacho. U tensio es solc te don a tu un esthe de tensio. Post oligo di tu fu posi puta; tu ne nece repeti u tensio ex nu avanto.
- \* Tu debi relaxa minimo 15 minuta singu di.

## RELAXA U PSYCHE

- \* Nu proto di-oneiro, fantasi, imagina. SED....
- \* Imagina solo plu boni kosa. Tu es in u ge-philo loka, un horti, u plage, rura, ali paci loka. U sola radia, il es u moli pusi venti, no-soni, panto-ra es boni. Si u negativi mali pensi repti in tu psycho; tu stop id, bali id ex.Kontinu syn plu boni pensi; dona kura; que mu es sophi, praxi SINGU BONI PENSI PRODUCE U BONI STIMULA AD U SOMA, A TU SANI. U MALI PENSI PRODUCE U MALI SOMA REAKTI.

- \* sapie; que u myria mechani in tu soma funktio anti u patho. Tu nece auxi tu soma syn plu positivi, dulci, boni pensi.Si tu habe u ge-frakti osteo; imagina u tacho repara-procesi; sti id ma-tacho.
- \* Imagina plu-la mira leuko phagokyto in un haema. Imagina mu ataka plu bacteria e gene u facili vikto.

- \* Id es fo importa; que tu praxi un arti de boni respira. Tem tu relaxa mu muskula; respira lento. E respira per uti plu abdomina muskula. Positi bi bibli epi tu soma, mo epi u thorax; e mo epi un abdomina. Tem tu repara, solo u bibli epi un abdomina debi kine ana e kata. U bibli epi u thorax ne debi kine alo fo-pusi. Chron u persona gene anxio, ge-tensio, pe pote vide u-ci per plu kine de u thorax. U regula es; lento abdomina respira.

## KANCERA

Plu traditio iatri-pe kontinu de ataka kancera syn plu kultela, electro, radiatio, e plu toxi-ma. Sed plu ma moderna iatri proto uti plu methodi; qui uti plu alexi-me de u soma; e simpli de auxi u patho-pe de auxi an/fe auto soma in u lukta.

Plu-chron plu-ci methodi gene uti solo; e plu-chron syn un interveni methodi. Asura, panto-pe habe ge-lekto de un ergo de Dr. Carl Simonton e Stephanie Simonton. Ambi-pe es ge-certifi kancera specialisti. Mu deškribe mu ergo "Getting Well Again"; mu pa graphi syn James L. Creighton. Plu homo mode gene praxi in England ad u Bristol Cancer Help Centre, (Grove House, Cornwallis Grove, Clifton, Bristol BS8 4PG.) U mode nu-pa gene famo chron Prince Charles pa dice de an suporta pro id.

- Plu kancera patho-pe debi auxi mu soma per;
- \* gene mega e dura hedo, relaxa, exercise, ridi, e per plu hetero positivi aktivi.
- \* Imagina plu no-dyna kancera-kyto gene bali ex u soma.
- \* Imagina ali plu pharmako peti panto-lo in tu soma; e cerca plu kancera kyto te cide mu.
- \* Imagina plu leuko-hem-kyto ko-opera syn plu pharmako alo solo te cide plu kancera-kyto.
- \* Plu kancera kyto es reali fo- fo debili; e imagina plu-ci debili kyto gene cide facili per tu plu poly ami, plu imuni-ma in tu soma.

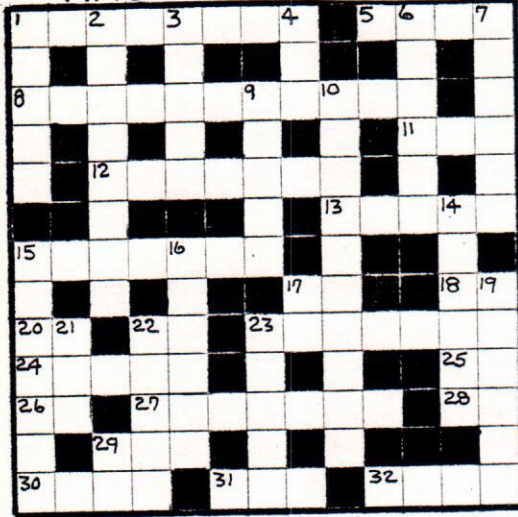
## TU SOMA ES PAN TEM NEO

U maxi extraordinari fakta es que; anti panto-na kredi; que na resta un homo persona, dia un holo bio; panto atomi, panto molekula in u soma ne resta mega tem in u soma. Plu atomi kine in u morpho, e u-ci morpho es u maxi dura ra in u soma. Nu plu gena, na DNA, u basi-ma de na geneti systema es ge-face ex protein. Singi DNA molekula dura solo oligo meno. Si tu vagona pa funktio homo; tem id ki longi u strata, singu mikro mero id sio gene apo e u neo atomi alo molekula positi in id topo; ad u fini de mo anua proxi panto mero es neo.

Na soma es ge-face ex proxi 10<sup>6</sup> atomi; e 98% gene vice singu anua. Plura histo(tisu) es fo dynami. e.g. Osteo. Ad u fina de mo setimana tu habe un holo neo gastri; in mo meno un holo derma gene neo; un hepa gene regenera in 6 setimana. Plura mero habe mega ma resisto a muta de plu hetero; sed, ad u fina de 5 anua panto atomi in tu soma es neo!

# ENIGMA PAGINA

## KRUCI-VERBA 30

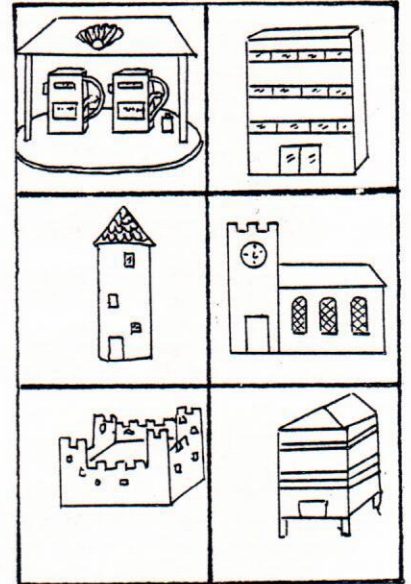


- Vertikal**
- Habe plu elementa fo proxi alelo.5
  - Fo necesa pro boni sani.8
  - U-ci theo es proxi un avi.5
  - U proto domi de tu.3
  - Il es u seka intra choleri e philo.6
  - Loqui,monstra e digita veni ad alelo intra u-ci.6
  - Sembla syn u nubi.5
  - Poly fi dona nati ad u-ci.10
  - U-ci veni ex u pachy lensi plus/alc u tro longi bola.6
  - Il es pluvi intra u-ci fi-fa.
  - Tu vikto posi tegu tu e tu ur-ur-parenta.6
  - Tu fu detekti u-ci supra u boteka.2
  - Sti lingui u debi via.6

- Horizontal**
- Muta e matura.8
  - Volu u venti. 4
  - Auxi u soma de niko patho.11
  - U-ci es in u ge-kleisto space.3
  - Ultra logi. 7
  - Rugo suela.5
  - Aktivi de u mechani.7
  - Ma de norma.2
  - Haema gene face in u-ci.2
  - Zero atomi,zero u-ci.2
  - Syn u-ci kapita deveni cerebra.2
  - U musa de poesi.7
  - Komuni ad u bibli de preka e u musika nota.
  - Freud pa sio re kogni u-ci. 2
  - Tu pote tange e vide u-ci.2
  - Es chloro nu.7
  - Habe loka in u longi mero phyto.2
  - U Salmo --dromo.3
  - Minus melanin pe es u-ci
  - Asista minus mo litera equa u baci.3
  - Tu ki kata in deka.4

## PLU PRIMA LITERA

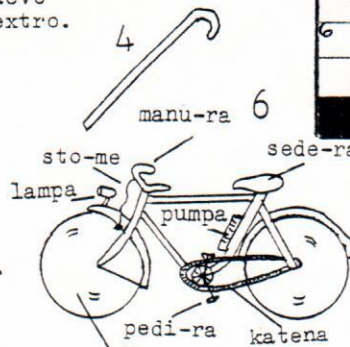
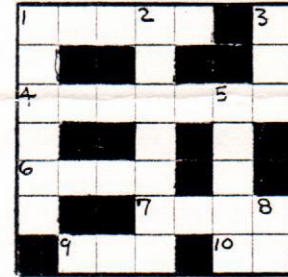
Plu prima litera de plu-ci domi face un hetero domi.



- Horizontal**
- U-ci seka e verti in paralelo.3
  - Merc de u kali gyna in un acide.5
  - Un hypodermi aku syn u francais pyga. 5
  - U-ci plus no-pote akusti es non-rationa. 2

**VERTIKAL**  
1 botilia

## PIKTO-VERBA 22



Skrife u Glosa parola infra singu English parola laevo Zygo mu syn alelo te face un hetero Glosa parola dextro. Exempla:

- |             |            |   |
|-------------|------------|---|
| FOUR        | + LEG,LIMB | = Having four feet                                    |
| TETRA       | + POODA    | = TETRAPODA   |
| WATER       | + MEASURE  | = A pond insect                                       |
| BRANCH      | + HORN     | = Insects with branched antennae.                     |
| FINGER NAIL | + EAT      | = Nail biting   |
| PULSE,THROB | + WRITE    | = Apparatus for recording the pulse beat.             |
| MUSCLE      | + BUD      | = Muscle cell which will develop into a muscle fibre. |

PRE SOLUTIO: aku-punktura. inter-nexu. enna-phylla. endo-lympho. klepto-mania

## PLU GLOSA NOTA

Preci inklude posta;  
 Mono numera intra Britain.....45p  
 Plu Glosa Nota 6 meno.....22-70  
 Plu Glosa Nota 12 meno.....25-40  
 Plu hetero Euro landa.....50p  
 alo 3 internatio repli kuponona  
 Kanada,USA,Afrika.....60p  
 Australasia.....70p  
 place mite abono-valuta,plu grama e  
 plu artikla a; Glosa, P.O.Box 18  
 Richmond, Surrey,TW9 2AU.  
 Britain.



ge-...? ge-vakuo ki ..? ki ex

## PLU PRE SOLUTIO

Kruci-verba 29 Horizontal.1,symphoni.5,asko.8,ali. 8,relaxa. 10,krania.12,gestikula.14,au.16,nona. 18,nuptia. 19,cis-.21,Mars.23,ichno.24,bene.26,austeri.27,ja. 28 parola. 29,edapho. Vertikal: 1,Striga.2,multi.3,hexagrama.4,na.5,aaa.6,singu.7,orama.8,arti.11,Asinus. 13, katechiza.15,universa.17,os.20,potamo.21,meato.22,raspa. 25,cede.  
 PIKTO-VERBA 21. H.1,kade. 6,magneti.7,arthri.8,ab.3,-do. 10,bibe. V; 1,kampana. 2,digita. 4,Ovis. 5,georgi.8,-me.  
 PLU PRIMA LITERA. Ova. Rheum. Amygda. Napus. Gelato.Ananas.  
 = ORANGA