

# All About Energy

You are being provided with a book chapter by chapter. I will request you to read the book for me after each chapter. After reading the chapter, 1. shorten the chapter to no less than 300 words and no more than 400 words. 2. Do not change the name, address, or any important nouns in the chapter. 3. Do not translate the original language. 4. Keep the same style as the original chapter, keep it consistent throughout the chapter. Your reply must comply with all four requirements, or it's invalid. I will provide the chapter now.

## LEECHES, ALLIGATOR DUNG, AND TAPEWORMS

? Ancient Egyptian contraception prescriptions included injecting a mixture of “excrement of crocodile mixed with sour milk” into the vagina. I'm sure it worked, just not in the way intended!

? If you're desperate to lose weight, you can buy a pill that contains a tapeworm egg. Experts warn that although these pills may contain tapeworms, and you may lose weight, the risks far outweigh any benefits.

? The idea of magnetic therapy is that magnetic fields in the human body can be manipulated to prevent or cure illnesses. Believers often wear magnetic rings or necklaces.

? The Marche des Feticheurs in Lome, Togo (aka The Akodessawa Fetish Market) is the world's largest voodoo market. You can buy everything needed for traditional medicine there, including crocodile skin and monkey heads.

? Milkweed has a long history of medicinal use throughout the world. It's been used to treat lesions and warts, but it can also be toxic.

? Traditional Chinese medicine holds that bear testicles are an aphrodisiac, and the dried seahorse is supposed to help erectile dysfunction as well as asthma, arthritis, and incontinence.

? The powder of ground-up mummies was a medical prescription in Europe and the Middle East in the Middle Ages. I guess that's why mummies are so rare today!

? A fecal microbiota transplant (FMT) is literally transferring the poop of a healthy person to a sick person. It's used to treat *Clostridioides difficile* infection.

? “Trepanning” is the term for boring a hole in a person's head to relieve pressure or alleviate some perceived disease or ailment. The earliest known trepanning was done around 6,500 BCE in France.

? “Bloodletting” was a common medical treatment from ancient times through the 19th century. It involved cutting, piercing, or using leeches

(see below) to ensure “equilibrium” of the body’s fluids.

? The 16th-century Chinese physician, Li Shizhen, was certainly a genius, but his prescription for an abdominal mass on a child is questionable: “boil rat meat until it is mushy and eat it like having porridge.”

? India is the site of the earliest dentistry. The people of the Indus Valley Civilization in India (3,200-1,900 BCE) practiced dentistry and the earliest tooth drilling took place even earlier in India, around 7,000 BCE.

? Bee venom therapy is simply allowing yourself to be stung by one or several bees. The painful practice has been used to treat arthritis and multiple sclerosis.

? It’s estimated that populations in some countries in Asia and Africa rely on traditional medicine for 80% of their healthcare. This has led some countries to include traditional medicine in medical school curricula.

? The first doctor to use anesthesia in China, and probably the world was Hua Tuo (AD 140-208). The medicine was made from wine and cannabis.

? During the 1800s, traveling merchants often sold “miracle tonics” known as “snake oil.” Snake oil was usually nothing more than mineral oil with some common additives.

? Hirudotherapy is the medical practice whereby leeches are applied to a person’s body to reduce swelling in the tissue. The leeches also release an anticoagulant called hirudin into the blood. The FDA actually approved this therapy in 2004.

? The ancient Indian physician, Sushruta, wrote the Sanskrit medical text known as the Sushruta Samhita in the 6th century BCE. The book identifies illnesses and treatments for them.

? Another seemingly strange treatment the FDA approved in 2004 was maggot debridement therapy (MDT). It turns out that maggots work better than some treatments for cleaning wounds!

? “Cupping” is a practice where a specialist heats a cup or cups, and then presses them on the skin of the patient to “draw out” diseases.

? The ancient Babylonian scholar, Esagil-kin-apli, wrote a medical text known as The Diagnostic Handbook between 1,067 and 1,046 BCE. The text is an interesting blend of science and magic.

? In 1979, writer Norman Cousins claimed to have cured collagen disease through a regimen of laughter. It’s no laughing matter that he was cured.

? Insulin coma/shock therapy was a treatment where patients would be given an overdose of insulin, putting them into a temporary coma. It was often used to treat schizophrenia.

? The Aztecs were warrior people who developed medicines that suited them. They knew how to set the broken bones of their warriors and sutured instead of cauterizing wounds.

? In South Africa, six out of eight medical schools teach elements of traditional and alternative medicine alongside the standard medical school curriculum.

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? Natural gas is the leading source of electrical power in the US. In 2021, natural gas was the source of about 38% of the country's power and was the top source in 19 states.

? Modern "windmills" are so much more complex than they were in the days of Don Quixote. Wind turbines can be 300 feet tall and have as many as 3,000 parts.

? "Biomass" refers to any plant-based material that can be used as fuel. This can include wood for fires, wood pellets, biofuels, and even animal and human poo (remember methane?).

? When NASA launched the Vanguard 1 satellite on March 17, 1958, it was the first satellite to use solar electric power. It's still orbiting the Earth!

? Oil accounts for about 39% of energy consumption in the world. Many developing countries use oil as a source of electrical power and industrial nations use it for their vehicles.

? Biofuels are fuels produced from plant-based materials. Ethanol is biofuel commonly made from sugarcane or corn to produce fuel for automobiles. It's often mixed with standard gasoline.

? Coal has dramatically declined as a source of electricity in the US since the early 2000s. Still, in 2019, it was the source of about 19% of power in the US.

? Renewable energy refers to any energy source that can be naturally replenished. Solar, wind, hydro, and biofuel are all forms of renewable energy.

? The largest power outage, or "blackout", in history was the 2012 Indian blackouts that affected 620 million people on July 30-31, 2012. India also holds the second spot for its 2001 blackout.

? Although green initiatives have increased the use of solar power, it still only accounts for .003% of global energy consumption.

? The first car that could run entirely on ethanol was the Fiat 147, sold in Brazil in 1978. Brazil has since led the world in the production of biofuels.

? Steam-powered engines spread across Europe after Englishman Thomas Newcomen invented the first fuel-burning engine in 1712 and Scottish scientist James Watt invented the Watt steam engine in 1776.

? There are arguments over what's the least efficient source of power - either coal or solar. But no one denies that nuclear is the most efficient source of power.

? Air conditioning units account for the most electricity in American homes. It's followed closely by heating, space and water, and lights.

? Nuclear power is by far the largest source of electricity in France, at over 70%. The US still produces more nuclear power, although it's third in overall American electricity production at 19%.

? "Cold fusion" is the process of doing a nuclear reaction at room temperature. Although only theoretical, cold fusion could potentially be the cheapest and most efficient form of energy on the planet.

? In 2020, renewable energy sources combined for 12% of all US energy consumption. Biomass combined for 39% of that total.

? PetroChina is the largest producer of oil and gas in Asia. The US-based energy company, Exxon, is the top energy company in the world in market capitalization.