

Cover Photo: The Last Chimpanzee

Along with bonobos, chimpanzees are our closest living relatives. We share 98% of our DNA with chimps, so it's fair to say that we are 98% chimpanzee, and chimps are 98% human. Chimpanzees are an endangered species. Millions of chimpanzees used to live throughout equatorial Africa from southern Senegal through Central Africa to western Tanzania. This is an area almost the size of the United States. Today, there are estimated to be merely 170,000-300,000 chimpanzees left in Africa, and their population is decreasing rapidly (90% in just the past twenty years). Somewhere in the 21st century, the last chimpanzee will die.



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Relationship between the population explosion and breeding of animals solely for consumption

Besides apes, also bears and kangaroos walk on two legs. **Only the great apes are able touching their reproductive organs with the hand. This evolution is significant, both anatomical and functional.** Still most of the time bonobos and chimpanzees, our closest ape relatives, walk on four legs. We can conclude that for the more intelligent species of anthropoid apes like bonobo apes liberation of instinctual process of fertilization came within their finger tips. Evolution is not a coincidence but the driving process of all live. Evolution is not the survival of the fittest or the strongest, but the survival of the most succesfull way of live. **Only man, is capable of birth control** - both population growth and contraception - **and the breeding of animals.** This process began only in the beginnings of the twentieth century. The population explosion and the famine on earth has also led to the breeding of animals solely for consumption. Genocide, the accelerated extinction of species, and Ecocide, large environmental damage are the consequences. This process is self-ending and forces us to reconsider. Somewhere in the 21st century the last chimpanzee will die. Better than breeding of animals solely for consumption would be breeding for wild life conservation, restoring the amount of available wild fish and other wild animals.

The expansion in the intensive monoculture livestock and poultry breeding threatens the health of us all. More antibiotics are given to animals than to our patients. Multiresistant bacteria were the result. The pharmaceutical industry has taken full advantage. Patient care is likely to be prohibitively expensive.

Importing of tropical birds from the New World led to an epidemic of parrot disease in Europe. Tropical birds are bred as pet birds and as public entertainment. The parrot disease has spread in a weakened form such as *Chlamydia pneumoniae* throughout the human population. It is the cause of chronic cell infections in humans. Cancer and other chronic diseases can result from it.

The breeding of animals solely for consumption and for public entertainment.

Budgerigars have the highest incidence of cancer of all animals.

Ovarian and oviduct cancer are frequently found in older laying hens.

Something has gone bad in our environment. There's a big problem with our reliance on meat, dairy and eggs, and it's only going to get worse. To make raising livestock profitable, chickens are caged together so tightly they can't spread their wings or walk around – ever. Pigs are jammed into gestation crates they cannot turn around in, their teeth and tails cut off without anesthetic to keep them from chewing at one another out of madness or boredom. Cattle are kept constantly impregnated so their milk will never stop flowing, while their newborn calves are carted off to become veal. To produce milk and cheese mother cows, should put calves on the world and preferably at full stretch. Female calves grow up to dairy cow, the bulls go to the meat industry. Milk, cheese and meat production are inextricably linked.

Prevention is essential for all of us in order to make our environment healthier and reduce the increase of chronic diseases. Lifestyle changes, such as the purification of drinking water, sewage treatment and the introduction of the refrigerator, brought us more health benefits than medicines produced by the pharmaceutical industry. It is of great importance that the air we breathe indoors in private homes, public buildings and factory farms, is free from contaminants in order to prevent the spread of all kinds of flu, which can affect all.

How to do this? A revolution in our thinking and acting is imperative.

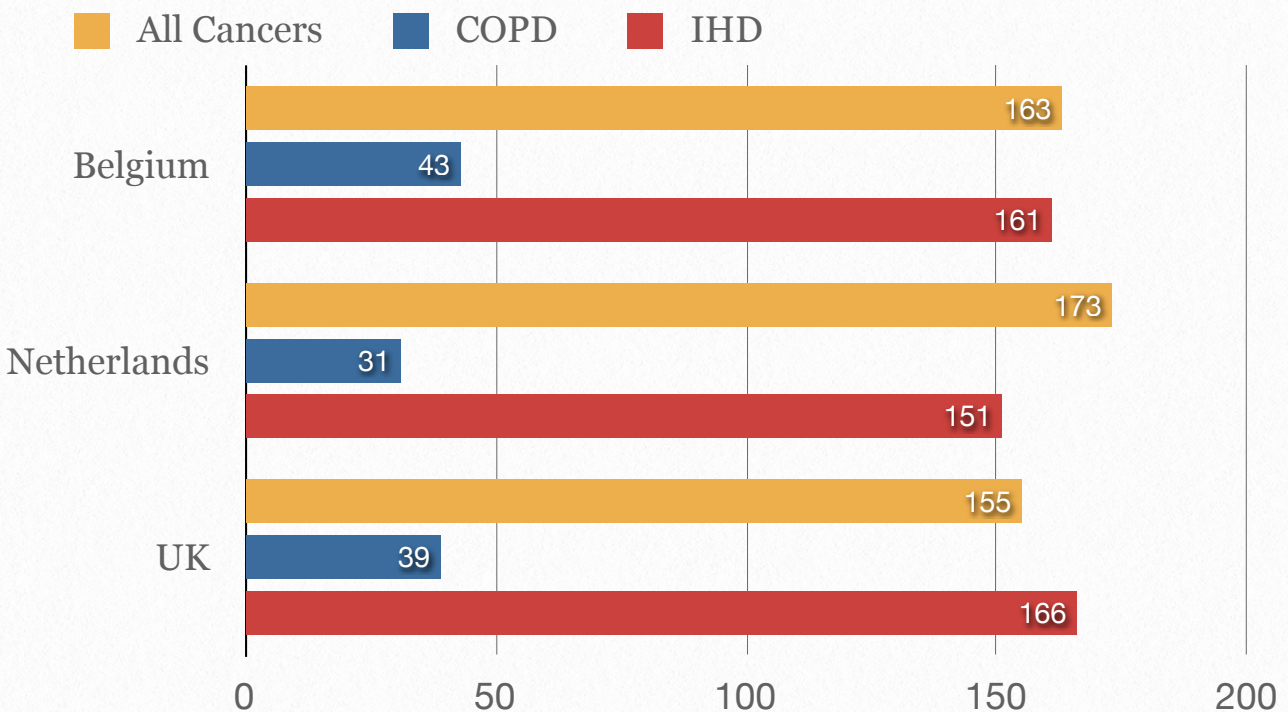
Avoid the consumption of unhealthy and contaminated livestock products and do not eat undercooked chicken egg proteins. Stop the breeding of birds as public entertainment. It will not be easy to bring about this revolution, but we have no choice if we want to combat the rise of all kind of chronic diseases. The impressive growth of cancer appears to be only a recent biological event. A particular aspect is that the time people spend indoors, has increased significantly as a result of new central heating systems in the past century. The advance of the cigarette, the increase in the indoor keeping and breeding of tropical birds and the mega stables of intensive farming have greatly affected the indoor air hygiene.

Cancer has increased tremendously over the past century.

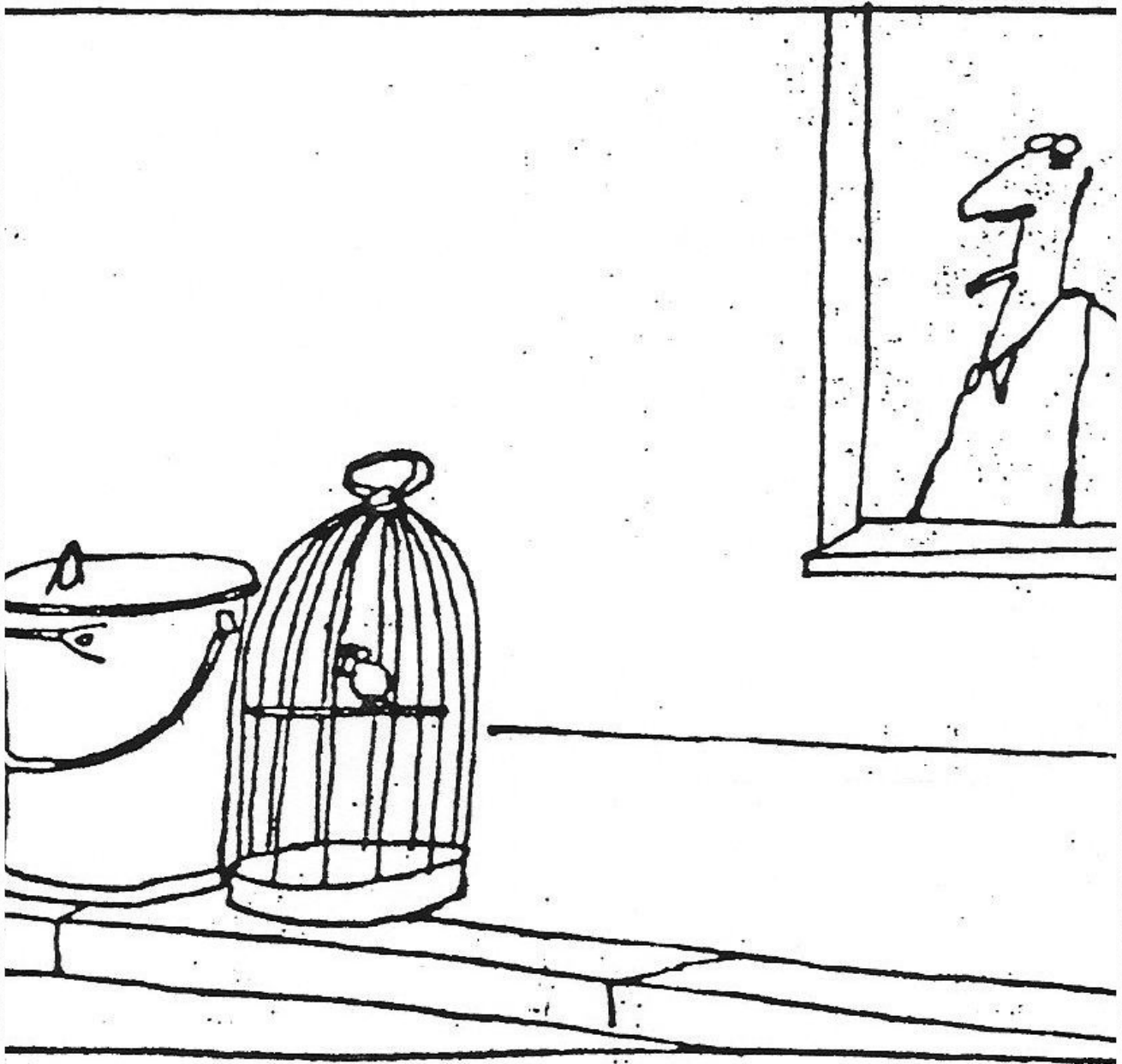
In Germany the mortality for cancer was only 3,3% in 1900, and it climbed to over 20% in 1970. Today about half of all men and one-third of all women develop cancer and about 20% of all deaths are due to cancer. This is an impressive increase and seems to demonstrate that the increase in cancer prevalence is only a recent biological event. One especially stimulating aspect of this topic is that humans adopted indoor habits only relatively recently, and that the time that people spend indoors has increased significantly only in the past century because of new central heating systems.

Cancer is now the most common cause of death in Western Europe, more frequent than Chronic Obstructive Pulmonary Disease (COPD) and Cardiovascular diseases and Diabetes (IHD). While COPD and IHD death rates decrease by improved health services, death rates from cancer have increased.

The graph below shows age-standardized death rates per 100.000 males in 2008 in Belgium, Netherlands and United Kingdom.



Today about half of all men and one-third of women develop cancer and about 20% of all deaths are due to cancer.



The advance of the cigarette, the increase in the indoor keeping and breeding of tropical birds and the mega stables of intensive farming have greatly affected the indoor air hygiene.

Many thanks are due to my friend

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Dr. Peter Holst worked until 1984 as a general practitioner in The Hague area, the Netherlands. In his early days as a practicing physician, he was a few years medical director of a family planning clinic in Delft (Rutgers Foundation). He held evening hours (placing IUDs, swabs, prescriptions etc.).

With support from the Dutch Prevention Fund he engaged in studies of new cancer cases in his own practice (10-year practice survey) and, with the cooperation of several lung specialists, all the new cases of lung cancer in The Hague Hospitals (prospective patient study).

With the Dutch Organization for Applied Scientific Research (TNO Delft) he then carried out dust measurements in homes of bird keepers, and from 1987 he defended the thesis that a connection can be established with the keeping (especially breeding) of tropical birds and/or pigeons and lung cancer patients in the Netherlands, Belgium and the United Kingdom. In these cases lung cancer is a cell infection of the lung stem cells.

This book describes how breeding tropical birds and intensive livestock breeding diseases develop to a greater extent, which can also be transmitted to humans. The expansion in the intensive livestock and poultry breeding threatens the health of us all.

Holst specialized from 1984 in Occupational and Environmental Health Services. Some years from its founding in 1991, he was a member of the International Society of Indoor Air Quality (ISIAQ). He has published in various medical journals and has written books on indoor air hygiene and preventive medicine.

Author has no competing interest with this book.

1

Introduction

Intensive Livestock

Breeding cause Diseases

in Humans



Free-living buffalo herd with young in a wild park.

Poultry, Laying Hens, Tropical Birds, Pigeons, Pigs, Cows, Dromedaries, Farmed Fish and Goats cause Diseases in Humans

People undermine their health with intensive breeding of consumption animals. We remember still a single farm with chickens and pigs on the farm and cows in the pasture. Increasingly we see grain silos appear with large livestock farming, whose pigs, chickens or cows never outside come. Diseases, which can be transmitted from animals to humans, are the result.

Examples are plentiful:

In the 14th century of the early Middle Ages farmers in Mongolia have attracted rats and mice by their grain stocks and consequently have transferred the rats and their fleas the *pasteurella pestis* (bubonic and pneumonic plague) to local people. The marmot is the most common reservoir for *pasteurella pestis* in eastern Asia. At the siege of a Genoese trade office Kaffa on the Black Sea by the Mongols hundreds of corpses of plague victims were catapults shot into the besieged city to infect the inhabitants of the city. The Genoese seamen were hit by the plague in 1345. The survivors with ships fled from the city to Sicily and Genoa. The disease was so moved over Europe. The Genoese fleet infected first people of Messina in Sicily. From Genoa the disease spread through the extensive trade network throughout Europe. **The bubonic and pneumonic plague was so moved to the Mediterranean and the Black Death killed 25 million people, or 50% of the European population.**

Tropical birds were imported late in the history, after the colonization of South America and the Caribbean, as public entertainment to Europe. Only with the increase of shipping traffic and air cargo, tropical birds could easily be imported and traded. The largest epidemic occurred in 1929-1930 after the import of infected parrots from Argentina to Europe. Hundreds of people became seriously ill and 20% died after an acute fulminant disease. Initially, in many countries strict import restrictions were set. Not much later parrots were again massively imported. Bird shows and bird breeders produced an explosive growth of this popular pastime. Tropical bird breeders and pigeon breeders have *Chlamydia psittaci* and *Chlamydia*

pneumoniae spread over Western Europe. The domestication of parrots in Western Europe has led to the adaptation of the psittacosis "virus", first in the flocks of the pigeon breeders who often kept also tropical birds. With many tropical bird breeders the 'psittacosis virus' adapted and the disease that occurred in humans was less violent. The *Chlamydia psittacosis* has adapted in Western Europe and ornithosis and *Chlamydia pneumoniae* were the result of this. ***Chlamydia pneumoniae* is adjusted so that this microorganism now also passes from human to human through the airways and is now so prevalent in society that 98% have been infected.** Repeated infections with *Chlamydiae*, primarily occurring with bird breeders and bird keepers, cause chronic respiratory diseases and cause lung cancer in humans. Particulate matter with an aerodynamic diameter of around 2.5 micrometers, is the main health hazard of (indoor) air pollution. The amount of particles from 10 to 0.5 micrometer has been proven to be elevated in bird keeping households. Lung cancer is increased in the last century. **Recently (2012) has been proven in a laboratory animal model that spraying *Chlamydia pneumoniae* in the airways caused in 15% of the animals lung cancer.**

With Christmas, turkeys and infectious poultry products from the U.S. New Mexico, **avian flu (so-called Spanish flu) has been transmitted by the troop transports in World War I to Europe.** Two thirds of bacteria and viruses that can cause human disease originate from animals.

Beware All Kinds of Flu

Highly pathogenic viral diseases like bird flu and swine flu have strong links with intensified farming. The highly pathogenic H5N1 virus emerged during a time of massive expansion of the poultry industry in the Far East. Birds are virus disseminators above all other animals. Waterfowl spread avian influenza. Caged birds spread herpes viruses, retroviruses and the smallest bacteria such as Chlamydiae. There have been outbreaks of avian influenza on egg farms. Free-range birds came into contact with the battery egg-layer hens, so one might come to the conclusion that the infection was via virus-shedding wild birds. Wild ducks spread all avian influenza virus strains. The overwhelming majority of studies of different designs (including all the mortality and cancer incident studies) indicate **at least a 30% excess risk of lung cancer in meat and poultry plant workers**, even after controlling for smoking. Evidence points to animal oncogenic microorganisms as one of the main causes. This has important public health implications because the general population is also widely exposed.



Laying hens, chickens and eggs are contaminated with potentially oncogenic viruses.

Battery laying hens have retroviruses attracted of the mice on the grain stocks. Eggs were therefore permanently infected. By consumption of undercooked egg-proteins, there is an increase of ovarian cancer, breast cancer and prostate cancer in humans. Retrovirus secreting mice also come into contact with free-range chickens. Free-range chickens are often kept outdoors so that the risk of contamination through the pollution of food on the ground may be greater from mice feces. In the winter months, mice more than likely go to aviaries and poultry farms to collect scraps of food. Virus bearing and virus-secreting mice, cereals, chicken feed, poultry infection, vertical transmission of retroviruses via eggs and processing of raw protein in Bavarian cream and other confectionery products occur, man being the terminus.

In practically all poultry farms retroviruses, which are closely related to mouse mammary tumor retrovirus (MMTV), can be found. **Laying hens have a high rate of ovarian tumors** (Johnson 2013), but such tumors are uncommon in hens less than 2 years old. Oviductal and ovarian tumors are generally not differentiated, and genital tumors occur mainly in hens above the age at which most are slaughtered. In commercial poultry operations, hens are usually sacrificed after their first year as layers, aged between 22 and 24 months. **Humans are commonly exposed to potentially oncogenic viruses that naturally infect and are frequently endemic in animals, which are part of the food chain, such as laying hens, chickens and eggs.** Raw egg proteins very often contain retrovirus. Egg protein is often undercooked. There is now widespread immune tolerance in humans to retrovirus. Latent persistent mammary infections with retrovirus are very common. Practically all milk contains retrovirus antigen. After the menopause biological regression occurs with immune reduction, which may result in tumor growth. Retrovirus has been found in breast cancer cells, removed from women but not in healthy breast tissue. Recently it was shown that the retrovirus is able to lodge itself in human mammary gland cells and to multiply.

Broiler chickens spread multi-drug resistant bacteria. The meat of broilers is increasingly infected with antibiotic-resistant bacteria such as MRSA staphylococcal and VRE intestinal bacteria. More antibiotics are given to farm animals

than to sick humans. Intensive pig and poultry farmers and their household members, chicken meat and pig meat are increasingly infected with multi-resistant bacteria.

At the end of the last century meat and bone meal, as sheep heads, were given to British cows. **The mad cow disease (BSE) was spread through infected meat in Europe.** Natural herbivores – grass and hay eating cows – turned into carnivores, feeding them meat and bone meal, in stead of grass, for faster growing and more financial profit.

Anchovies from the southeastern Pacific Ocean are sold for animal feed in Europe's factory farms. Chicken nuggets or pork chops can have a strange aroma. Around one third of the total fish catch is being fed to farmed animals, usually farmed fish, pigs and chickens. The animals fatten and grow faster in order to gain more profit and to shorten the slaughter time. Over the last decades, the production of fish oil and fishmeal has removed around 20-30 million tons of fish from the southeastern Pacific Ocean, anchovies, herring, mackerel and sprat species.



Trawlers fish anchovies from the Pacific Ocean before Arica (Chile).

Intensive cattle, pig and poultry farming by feeding the animals with soya meal and even fish meal and low doses of antibiotic growth promoters fatten the animals and let them grow faster. **Fatter beef meat, chicken meat and pig meat contains more saturated animal fat and cause more welfare diseases like cerebrovascular disease, obesity and diabetes.**

Intensive goat farming causes spread of Q fever. Goat feces and dirty bedding straw were shoveled up and carried outside by the farmers to fertilize their fields. In this way the Coxiella bacteria became airborne and infected people in the Netherlands.

Bush meat and the slaughter of chimpanzees are seen as the cause of the global spread of AIDS (SIV / HIV viruses). HIV spread to humans through human consumption of the meat of wild animals (chimpanzee and gorilla) in Central Africa. During the 20th century, commercial hunting using firearms and wire snares to supply lodging and oil exploration operation concessions along new roadway networks has dramatically increased the catch in Central African forests. Annually, it is estimated that 579 million wild animals are caught and consumed in the Congo basin, equaling 4.5 million tons of bushmeat.

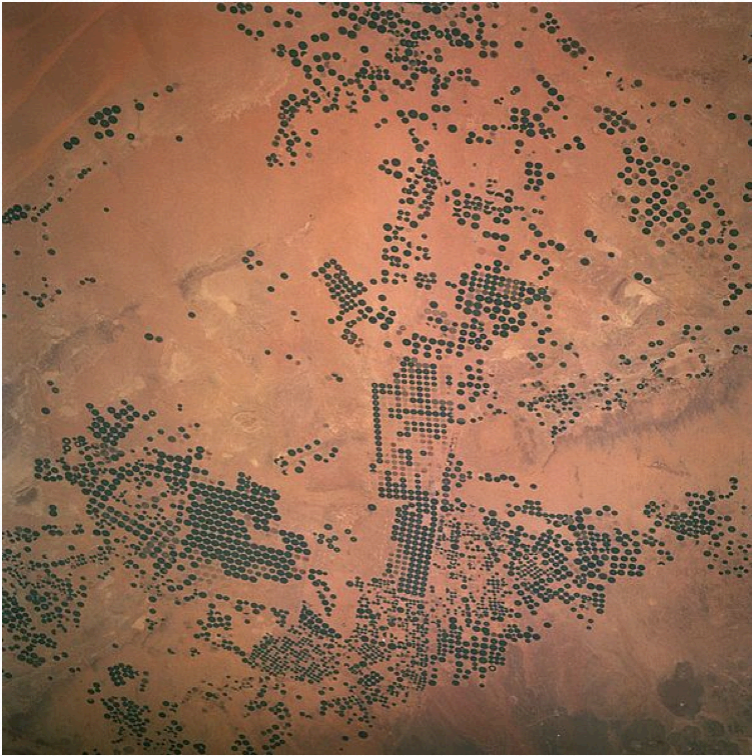
The severe Acute Respiratory Syndrome (SARS) is provoked by a coronavirus and emerged in southern Chinese province of Guangdong (Canton) in November 2002. The worldwide outbreak of SARS was seeded from a single person on a single day on a Hong Kong hotel. A physician from Guangdong, had attended a wedding. As guests departed, the virus coughed by one man spread to five countries within 24 hours. Within months, the virus spread to 30 countries on six continents, causing 8,096 probable cases and 774 deaths (WHO2004). In the past, a trip around the world took a year; today, we and our viral baggage can circle the globe in 24 hours. Guangdong authorities cull thousands of civet cats and other wild animals in January 2004 and permanently ban their trade and human consumption. The researchers found that human and cat viruses had the same genetic profile after testing six SARS-carrying civet cats from a restaurant in early 2004, where a female employed had been found infected with SARS virus. WHO experts also

discovered evidence of the virus in cages in a restaurant where a SARS patient ate civet meat. Sadly, Chinese people have a taste for a large array of wild animals, fact that threatens a lot the biodiversity but also exposes people disease transmitted from animals to humans, and the civet cat is considered a delicacy in Southern China. In fact, in rural China, the animals are still being sold in markets.

Besides the mentioned animal cruelties people suffer and will protest more and more about the pollution, smells, flies and human diseases caused by these types of intensive farming.

Free-range and organic pigs and poultry are largely reared on grain and soya and are not the best option. There is a link between good animal welfare and good food. Buy free range and organic foods from the land – reared on farms, not on factories. Meat and milk from ruminants – lamb, sheep and cattle – is the best option, as they convert grass into food. Even the meat industry now sees that intensive farming cannot continue in this way. Everything that runs, flies or freely moves through water can be consumed in moderation. It is exaggerated to consume worldwide everyday hamburgers, hot dogs, cold cuts, chicken and eggs, that only intensive farming can deliver in these amount.

Dromedary Camel Flu, from virus spreading young dromedary camels, is possibly the latest outcome of intensive dromedary camel breeding in the Arabian Peninsula. **There is a rapid rise in reported infections with Middle East Respiratory Syndrome Coronavirus (MERS-CoV)**. MERS-CoV already infected over 600 people and caused 188 deaths. The disease has been seen primarily in the Arabian Peninsula countries with Saudi Arabia and the United Arab Emirates. The WHO Emergency Committee on MERS-CoV announced on 14 May 2014 that its concern over the situation had “significantly increased”, with particular worries over recent evidence that the infection is spreading in hospitals and close patient contacts.



Crop circles on the Arabian Peninsula.

One year ago, in 2013 flying over the Arabian Peninsula, I saw the integrated crop circles of Saudi Arabia. Saudi farmers are fueling the production of grains in the desert by mining underground reserves of water. Some of that water dates back 20,000 years, to the last ice age, when more temperate conditions filled aquifers. On the ground, these circles are as wide as the aquifers are deep, about a kilometer, and are formed by the use of center-pivot irrigation sprinklers that draw on the groundwater. Many of the crops are grown to feed a bustling cattle industry. On the Arabian Peninsula camels are rarely used as a means of transport. The Saudis ride the most luxurious cars. Dromedary camels are bred for their milk and meat and to participate in camel races. In 2007, according to Saudi media about 5,000 camels died of insecticide-contaminated feed. A trader in feed sold a large amount of feed to camel breeders. The feed was stored for long periods and insects and rodents were intruded into the silo. He fought the contaminated feed with insecticides and sold it to the camel breeders. The Saudi Kingdom has implemented a multifaceted program to provide the vast supplies of water, necessary to achieve the spectacular growth of the agricultural sector.

Vast underground water reservoirs have been tapped through deep wells. So the desert was transformed into fertile farmland.



The desert was transformed into fertile farmland, dromedary camels are bred.

Dromedary camel flu is endemic amongst young dromedary camels in Saudi Arabia. **Sick dromedary camels shed corona viruses from their nose and sometimes in stool.** Only recently people and dromedary camels share the same corona viruses. Could it be that the corona virus first adapted in the herds of the camel breeders, with greater concentrations of young livestock dromedary camels. The breeding and weaning season could be a factor. Young camels are more susceptible to camel flu, because of their lower immunity status, and they facilitate virus amplification. Nowadays the MERS-CoV circulates from human to human and is less virulent. These humanized corona viruses pass through the airways and become more and more prevalent in society. Without stopping transmission from camels, we will continue to see more human cases in the Middle East, some of whom will travel outside of the region. With the annual Hajj Pilgrimage to Mecca, October 3-6 2014, more than 2 millions of Muslims, from more than 180 countries, are at risk to catch MERS-CoV and spread it out. Saudi authorities are warning their citizens not to drink unpasteurized camel milk and to wear gloves when caring for the beasts. The ubiquity of the animals, their importance to the region's economy and their popularity suggest camel-to-person transmission of MERS-CoV will continue to occur.