

**Milestones to Misery –  
most unseen by the author en passant – but so clear in retrospect**

**1936** Born to chain smoking parents; poor war-time diet – tonsillectomy at 6, then many more anaesthetics (GA's) into teens for abscesses. Seeds of *MCS/ES* sown?

**1954-87** First career “In Defence of the Realm” incl “In the Service of Peace” United Nations (helicopters). Robust health....but:-

**1955-64** Chemical sensitivity to lead in paint, fumes from synthetic carpets, but not yet to perfumes etc. 6 more GA's over period (5 1961/64) for broken bones. Last one wrecked sound sleep in buildings for good; whilst sleeping outdoors – rough and on active service even – was restorative. **ES**, to the **ELF** threat, had struck.

**1965-78** Included 3 flying tours on helicopters. Piston engined helms with their very high voltage ignition systems – 1000s v/m + magnetic fields – could be exhausting to fly for long; jet turbine helms without, were not. **ES** pilots do not “spark”, close to 18 big sparking plugs!

**1969** Occupied *first* terraced house (London MOD job). DIY decorating + neighbours' EMF's induced much malaise/very poor sleep. Cause now seen as **ES** in synergy with mild **MCS**, but anti-depressant pills were wrongly prescribed, with all their lingering side effects, instead.

**1978** A new staff job in office block with just installed (badly) formaldehyde cavity wall insulation. A new typist in full bloom at 7 months gave birth 3 weeks later to a still-born. The author *became MCS*.

**1983-87** 2<sup>nd</sup> tour in MOD Whitehall in senior staff appt became even more taxing. Commuting by train/tube and the heavy, pre-microwave Electromog load 24/7, now seen as unacceptable to an **ES/MCS** sufferer. Work, life and even innate behaviour all affected. Retirement followed.

**1989 – 2004**

Still unaware of **ES**, but mindful of **MCS**, a 2<sup>nd</sup> career (in finance) was successful, but in **1996** after severe ear pain from a new Sony TV, **ES** was “formally” diagnosed with the help of Powerwatch UK. 2G *pulsed* microwave soon followed, with a steady deterioration in health and capacity for work. On the cusp of **EHS** by 2004, retirement was inevitable. Anti-depressant Prozac from GP in 1995 for (**ES**) symptoms instinctively refused.

**2004 – 09**

Moved to seaside in vain hope of clean air and less Electromog. A whiff of salt at first is no more: perfumes and air fresheners etc are ubiquitous, as is 24/7 EMR: **WIFI** and **DECT** from detached neighbours have in 3 years caused severe **EHS** and weight loss. At 73 life is now a real struggle; much will power is vital.

**Last Thoughts?**

Bitterness....about the physical, mental, financial and social repercussions of calculated failings in corporate social responsibility, governance and medicine; ongoing anxiety for son, daughter-in-law but especially granddaughter born 25 Dec 2007 into this unnatural world and children everywhere; concern for pregnant women; pity for sick elders in Care homes etc, often stuffed with **DECT** phones and **WIFI** and close to mobile base stations: their suffering can be dreadful.