

Why I Don't Wear A Face-Mask

In politics and in the Church, when things don't add up and my alarm bells start clanging wildly, I take a deep breath, gird up my loins, and begin some research... This is what I did in April [2020], when I began to see inconsistencies appearing in the received political narrative concerning Covid-19.

One idea currently being touted by various governments and their chosen medical and scientific advisors is that the mass wearing of face-masks will help to prevent the spread of the virus.

Having now carried out a considerable amount of research into the wearing of face-masks with regard to Covid-19, however, my current position on face-masks is that they are extremely *un*helpful for a number of health, medical, scientific, political, and psychological reasons, which I list briefly below (as well as spiritual reasons which I haven't included here):

(1) Health/Medical Reasons

- **“Decreases Oxygen Intake:** Breathing through a mask decreases the amount of oxygen we need to live and be healthy, increases acidity, and makes breathing difficult;
- **“Increases Toxic Inhalation:** Toxins that we normally exhale as we breathe become trapped in the mask and re-inhaled into the lungs, increasing symptoms;
- **“Shuts Down the Immune System:** The wearing of a mask decreases oxygen intake, and increases carbon dioxide and toxin intake, putting the body under stress, releasing cortisol, and shutting down the immune processes;
- **“Increases the Virus Risk:** The wearing of a mask encourages triggering and infection from dormant retro viruses already in the body, thus taking advantage of an immune system already weakened due to mask wearing” [[UK Column News](#), (26 June 2020)].

“Hypoxia (reduction in blood oxygenation) can inhibit the type of main immune cells used to fight viral infections ... This sets the stage for contracting any infection, including COVID-19 and making the consequences of that infection much graver. In essence, your mask may very well put you at an increased risk of infections and if so, having a much worse outcome” [Dr. Russell Blaylock, [The Mask Has Slipped – Are Masks Safe?](#), (24 May 2020)].

(2) Scientific Reasons

There is a substantial number of scientific studies showing that mass mask-wearing does very little, if anything, to help slow the spread of Covid-19 amongst the general population. For example:

“A review of the peer-reviewed medical literature examines impacts on human health, both immunological, as well as physiological. The purpose of this paper is to examine data regarding the effectiveness of facemasks, as well as safety data. The reason that both are

examined in one paper is that for the general public as a whole, as well as for every individual, a risk-benefit analysis is necessary to guide decisions on if and when to wear a mask” [Colleen Huber, [Masks Are Neither Effective Nor Safe: A Summary of the Science](#), (14 July 2020)].

“There have been extensive randomized controlled trial (RCT) studies, and meta-analysis reviews of RCT studies, which all show that masks and respirators do not work to prevent respiratory influenza-like illnesses, or respiratory illnesses believed to be transmitted by droplets and aerosol particles. Furthermore, the relevant known physics and biology, which I review, are such that masks and respirators should not work. It would be a paradox if masks and respirators worked, given what we know about viral respiratory diseases: The main transmission path is long-residence-time aerosol particles (<2.5µm), which are too fine to be blocked, and the minimum-infective-dose is smaller than one aerosol particle” [Denis G. Rancourt, PhD, [Masks Don't Work: A Review of Science Relevant to COVID-19 Social Policy](#), (11 April 2020)].

“The Covid virus was supposed to be contained in the kind of lab where people wear astronaut suits and go through triple-sealed doors. It is a con of massive proportion to assert that, now, having escaped those environs, a bandana will magically do the trick. The pore size of each face cloth covering range from ~20-100microns. The Covid virus is 200-1000x smaller than that, at 0.1microns. Putting up a chain link fence will not keep out a mosquito” [Dr Simone Gold, MD, JD, quoted at [UK Column News](#), (03 July 2020)].

(3) Political and Psychological Reasons

“By making mask-wearing recommendations and policies for the general public, or by expressly condoning the practice, governments have both ignored the scientific evidence and done the opposite of following the precautionary principle. In an absence of knowledge, governments should not make policies that have a hypothetical potential to cause harm ... The present paper about masks illustrates the degree to which governments, the mainstream media, and institutional propagandists can decide to operate in a science vacuum, or select only incomplete science that serves their interests” [Denis G. Rancourt, PhD, [Masks Don't Work: A Review of Science Relevant to COVID-19 Social Policy](#), (11 April 2020)].

“Masking the public was never about science... Community wearing of face masks was never about science, health, or disease mitigation; it was always about symbolism, fear, and psychological operations to control the population” [Physician and Medical Journal Editor, quoted at: [Healthy People Should Not Wear Face Masks](#), (14 June 2020)].

The UK government has not decreed mask-wearing for health, medical, or scientific reasons. As can be ascertained from points (1) and (2) above, mass mask-wearing is *not* conducive to lowering the risk of *infection* amongst the population, but it *is* conducive to lowering the *immunity levels* of the general population – already weakened through several months of lockdowns and social (physical) distancing – thus making the population more susceptible to the so-called “second wave” expected in the autumn when the usual flu/colds/respiratory illnesses season begins again.

(NB: It is also pertinent at this point to ask why the UK government has not only insisted on weakening the nation's immune systems through its policies of lockdowns, social (physical) distancing, and mask-wearing, but has in fact deliberately *added* to that damage by being noticeably silent throughout these past months regarding any advice to the nation about nutritional food

and supplementary vitamins and minerals needful to compensate for their lowered immune levels. Please see my item on strengthening our immune systems, here: [Coming Out of Lockdown: Rebuilding Our Immune Systems](#)

The UK government has decreed mass mask-wearing for the following political and psychological reasons:

- Mass mask-wearing is a visible sign of who within the UK population is or is not on board with the desired political narrative concerning Covid-19;
- Mass mask-wearing is a highly effective psychological method of ramping up the fear factor amongst the country's population, so that 'mission creep' can be continued without uncomfortable (for the government) levels of public dissent;
- Mass mask-wearing is a subliminal message to the public that we're "all in this together", and we must all "do our bit" to "fight and win the war" against the so-called "second wave" of Covid in the autumn/winter.
- Mass mask-wearing is being used to keep the waning narrative concerning Covid-19 alive amongst the population until a vaccine is developed, by which time the population will be so sick (figuratively *and* literally) of mask-wearing, that they'll be crying out to the government for the vaccine without qualm or question so that everyone can "get back to normal."

As another commentator has – somewhat colourfully – summed up the manipulation of the public with regard to mask-wearing:

“Why the crazed enthusiasm for pointless masks? Because masks are the best possible reminder of THE KILLER VIRUS. Every mask you see reminds you of the DEADLY THREAT OF COVID-19. The show must go on in the Theatre of Fear. The public demands it (they tell us)” [Ian Andrew-Patrick, [Masked Lockdown in the Theatre of Fear](#), (30 April 2020)].

Government Regulations Regarding Mask-Wearing

According to the Government's *Health Protection Regulations 2020*, face-masks may not be required to be worn if a person has a "Reasonable excuse" for not wearing one.

Regulations 4(1)(a)(ii) / 4(1)(c) state:

(a) “[T]he circumstances in which a person (‘P’) has a reasonable excuse include those where – P cannot put on, wear ... a face covering ... (ii) without severe distress” / (c) “to avoid harm ... to themselves or others.”

In light of the knowledge I have gained due to my study of this issue, my wearing a mask:

- would cause me serious cognitive dissonance, as I would be required to participate in a politically-inspired charade I know to be doing the opposite of what it claims to be doing;
- would inveigle me into knowingly deceiving my fellow countrymen into thinking that mass mask-wearing is going to protect them from the virus, when I am fully aware that, not only is

it doing no such thing, but it is (a) harming their health, and (b) designed to condition them into unquestioning acceptance of further, and even more tyrannical, loss of freedoms; and

- would also be hypocritical, as, having laid out my case *against* mask-wearing on my web pages, I would subsequently be displaying my public support *for* a psychology with which I have already stated publicly I am in total disagreement.

Thus, I could not put on or wear a face mask without it causing me (a) “*severe distress*” and (b) “*harm*”.

To Conclude

PM Boris Johnson has said the following:

“I don’t want people to be bullied into doing things that they don’t necessarily want to do” [PM Boris Johnson speaking about BLM with Nick Ferrari, *LBC Radio*, (03 July 2020)].

“The reason people are increasingly taking to the streets – as they did yesterday at London’s protest march – and flouting government mask regulations is not that they are selfish, irresponsible, and careless of the lives of others. It’s that they believe there is no conclusive scientific evidence masks are having an effect; the pandemic has long since peaked; the so-called ‘spike’ in infections is a sign that more people are being tested, not that the disease is becoming more dangerous or easily transmissible; that pinning hopes on a rushed-out, insufficiently tested vaccine for a constantly mutating coronavirus is foolish; that the most sensible response is to protect the very vulnerable while allowing everyone else to develop herd immunity at minimal damage to the economy, as in Sweden. Rather than address these compelling arguments, the Johnson administration has preferred to treat everyone like children to be cajoled, frightened, and bullied – but never reasoned or persuaded – into doing the government’s bidding” [James Delingpole, *We Need a Kingslayer to Deal with the Mad Monarch Boris*, (05 August 2020)].

I am not prepared to be bullied by the government into doing something (a) that would put my, and my countrymen’s, physiological and immunological health at risk in the manner described in the quotes given in Point 1 above, (b) that is designed for the highly dubious purposes of behavioural modification of the population through political and psychological manipulation, and (c) when I know that it is being implemented, not for sound health, medical, or scientific reasons, but for unsound and nefarious long-term political (and, ultimately, spiritual) purposes.

Elizabeth McDonald,

03 August 2020 (Additional quote: 05 August 2020) (Additional note re: Government regs: 29 November 2020)

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For more on the health, medical, scientific, political, and psychological aspects of the government’s diktats concerning mask-wearing, please see the articles, videos, and other information at: https://www.bayith.org/Covid19_WearingFaceMasks.htm and at https://www.bayith.org/Covid19_WearingFaceMasks_QuotesCommentsQuestions.htm