

A GENERAL DEFINITION OF MENTAL ILLNESS AND INSANITY

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Sanity is the capability to accurately gather facts and evidence about the real world, to make logical connections between those facts, and to plan words and actions so that constructive results occur.

I'd like today to discuss a kind of insanity which seems to be circulating now that COVID-19 has arrived.

Psychiatrists use the DSM-5 (Diagnostics and Statistical Methods, 5th ed.) to diagnose mental illness. For each illness, e.g., schizophrenia, a list of behavioral characteristics are required, e.g. hallucinations. Neurologists diagnose Mongoloidism by observing a chromosomal abnormality, Parkinson's disease by uncontrollable tremor, and brain trauma by MRI. Alzheimer's disease is diagnosed by tangled plaques in brain cells.

All these mental illnesses are caused by damage to the neurons and neurotransmitters—hardware damage—like broken transistors in a computer.

But there is another kind of mental illness, when the patient has "wrong ideas"—like errors in the software in a computer program. A faulty program gives bad output, or bad input data gives wrong answers. Psychologists treat bad thinking and behavior.

I wrote the book, "The Art of the Scam," (Amazon Kindle) which describes how fraudsters inject bad ideas into people's thoughts to fleece them of their money.

The fictional movie "Inception" tells how group dreaming can create an idea so powerful that a woman will question reality and commit suicide!

Many false ideas are floating around, such as "measles vaccine causes autism," and "nonorganically grown food is loaded with dangerous pesticides, herbicides, antibiotics, and hormones." and "aluminum from pots causes Alzheimer's disease."

These "facts" float around the Internet with no valid scientific proof, and uncritical thinkers soak up the crap into their brain's software. The results are crazy thinking, muddled words, and irrational decisions—the hallmark of insanity.

Today with COVID-19 a new kind of insanity is circulating:

"It's just another flu virus."

"It will be gone in three weeks."

"The numbers are going down, not up."

"It's going to disappear. One day—it's like a miracle—it will disappear."

"A vaccine will be available very quickly."

"The warm spring weather will kill off the virus."

"I'm young and invincible; the virus only kills old sick people. I'll take my chances."

None of the above remarks are based upon observations, and the logical connections between them, i.e., upon science. The science of epidemiology predicts an exponential rise in infections unless drastic measures are taken.

We must be sane, not manic, and rush to take every precaution!

Please hit **REPLY ALL** (not reply) to share your comments with everyone.

Ron Rimmel

Postscript, 2/20/2021: All of Trump's above statements proved false. The pandemic has spread disastrously, limited basically by the onset of herd immunity in America. The vaccines have come too late. Many politicians ignored the laws of epidemiology, causing the needless deaths of hundreds of thousands. It is insanity.

General insanity applies widely elsewhere. Climate change and global warming are going to continue relentlessly because the peoples of the world will do too little to stop it. The achievement of carbon neutrality by 2050 (when the emission of carbon dioxide ceases) is an insane myth. The major religions contradict one another and science, so they can't all be true.

But perhaps people achieve a degree of happiness by being slightly insane.