

Face Masks: Enough Already

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It's been over a year-and-a-half since the World Health Organization (WHO) declared COVID-19 a pandemic and the battle over wearing masks is still going on. Who would have thought.

Cities and school boards in some states like [Florida](#) are [defying](#) governors who got rid of mask mandates claiming that they have the authority to impose them.

Other school districts like some in [York County](#) Pennsylvania are refusing so-called CDC guidelines, which aren't laws, and won't impose mask mandates. President Joe Biden is being [sued multiple times](#) for imposing his latest mask mandates. And let's not ignore the fact that nowhere in the U.S. Constitution does it say a president can mandate anything. He has absolutely no right to tell anyone what to do except for government employees and even then there are limits.

It both angers and saddens me that so many of my fellow Homo sapiens are utterly clueless. I'm truly fed up with all of the nitwits I see walking around in masks. What is it going to take to wake them up? I see frail sickly old people hobbling along in masks. These people need all the oxygen they can get. The last thing they need is a diaper on their face. I just recently saw a guy at the gym I go to wearing a mask while exercising with heavy weights who almost passed out. He was literally gasping for air. But he wouldn't take off his trusty mask. The first time I ever saw him, I politely pointed out that the WHO [explicitly states](#) not to wear a mask while exercising. He assured me that he knew what he's doing because he's a doctor. Somebody, anybody, God, space aliens, beings from another dimension, please rescue us. We need HELP!

Fauci Fatigue

Back in early March 2020, three days before the WHO declared COVID-19 a pandemic, Anthony Fauci was [interviewed](#) on 60 Minutes. He emphatically stated that “people should not be walking around with masks...there's no reason to be walking around with a mask.” He then later retracted that statement as [reported](#) in the Washington Post in July 2020, explaining that he was concerned about a shortage of masks or personal protective equipment (PPE) for health care workers, and that “We didn't realize the extent of

asymptomatic spread.”

Yet, at a press conference back in January 2020, Fauci [clearly stated](#) that “in all the history of respiratory borne viruses of any type asymptomatic transmission has ever been the driver of outbreaks. The driver of outbreaks is always a symptomatic person.”

All the way back in May 2019, months before anyone even heard of COVID-19, Fauci was interviewed on the David Rubenstein Show. The entire interview can be watched [here](#). It was all softball questions. But at the end of the interview Rubenstein asked Fauci if he was his doctor what would be the best way for him to prevent getting an infectious disease, “wearing a mask?” Fauci ridiculed the idea, referring to it as “paranoia” and told him a “low tech” approach was the best way to go, as in eat right, exercise regularly, don’t smoke or consume alcohol, and get plenty of sleep. Here is the [excerpt](#).

Fauci in 2019: “You don't need masks.” pic.twitter.com/eTpElJQw4d

— Sebastian Gorka DrG (@SebGorka) [September 17, 2021](#)

What’s going on? Is Fauci, lying, insane, senile, or a combination of all three? For the Fauci apologists who still think he is all knowing, all wise, and that some new scientific evidence must have come out that contradicts what he previously said about masks, read this March 31, 2020 NBC news [report](#). This was three days before Fauci started telling everyone to wear masks on [April 3](#). It says:

“While the science behind whether masks can prevent a person from catching the coronavirus hasn’t changed (a mask does not help a healthy person avoid infection), public guidance may be shifting.”

The article further declares:

“There is no scientific evidence that wearing face coverings would have a measurable impact on flattening the coronavirus curve.”

Is it any wonder that a recent [Rasmussen poll](#) shows that “Fauci fatigue” has set in. Less than half the country has a favorable view of Fauci. I’ve got them all beat. I’ve been fed up with Fauci since the AIDS fiasco back in the 1980s. In my case, it’s Fauci exhaustion.

Hypocrites and liars all

Once COVID-19 was declared a pandemic government officials all over the world at every level turned into petty tyrants. But it also rapidly became abundantly clear that these little Hitlers and Mussolinis didn’t think that their stupid rules should apply to them. They have flagrantly violated their own mask and social distancing rules with impunity.

Here are but a few examples:

Tucker Carlson [reported](#) that at a \$30,000. per plate Democratic fund raising event in Napa Valley California last August, House Speaker Nancy Pelosi gave a speech. In spite of Pelosi being a mask zealot who [imposed](#) a mandatory mask rule on the House of Representatives back in July 2020, neither she nor any of the people attending wore masks. As pictured [here](#),

they all sat at long tables huddled together—no masks, no social distancing. But the peons serving them had to wear masks.



Source: [Duty to America News](#)

Back in September 2020, NBC News [reported](#) that Pelosi who chided then President Donald Trump and other Republicans for not following coronavirus safety protocols, got her hair done at a San Francisco beauty salon that was closed to the public due to the lockdowns which violated the city’s COVID-19 rules. Security camera footage showed Pelosi with wet hair and no mask.

Here is a YouTube [video](#) of Anthony Fauci, the poster boy for mask virtue, quickly removing his mask when he thinks the cameras aren’t rolling. A July 2020 WUSA9 [article](#) also caught Fauci with his mask pulled down at a baseball game. He claims he was dehydrated and that he pulled it down to drink some water. The cell phone in his hand doesn’t look like a water bottle. In another photo he’s sitting with his mask pulled down and doesn’t have anything in either hand.

Chicago Mayor Lori Lightfoot, another raging petty tyrant, also played hippity-hop to the beauty shop to get her hair done back in April 2020 despite the fact that such businesses were shut down due to the state’s stay-at-home order. Lightfoot shamelessly defended her haircut by saying she’s the face of the city and out in the public eye. This is the same Lightfoot who [vowed](#) to vigorously prosecute anyone who violated stay-at-home orders. And last May she was [caught](#) partying maskless at a restaurant after declaring she will continue to wear masks in public and urged everyone else to do the same.

Check out more acts of blatant hypocrisy by government officials in this and other countries [here](#).

And let us not forget back in September 2020 when Pennsylvania Governor Tom Wolf and state legislator Wendy Ulman didn’t realize that the podium mic at a [press conference](#) was turned on and laughed about masks being “political theater.”

Connect the dots folks. How come we weren’t told to wear masks in previous flu seasons or

pandemics? How about because during the 1918 Spanish flu mask mandates were passed in some cities and [studies](#) from that time showed that they didn't work. How about the numerous quality studies that have been done long after that time and in modern times that also show masks don't work? So, why did public policy on masks shift when there is no scientific evidence that wearing them does any good? The fact that government officials violate the COVID restrictions they are imposing on us should tell you that they know all of this is a gigantic fraud. Wise up people: you're being played.

Real science vs junk science

Ah, but hold on a second. Last September the CDC (Centers for Disease Control and Prevention) cited [three new studies](#) showing that masks work. In reality, these were observational and modeling studies which prove nothing. Here is why.

There are [two main types](#) of medical research: observational and experimental along with a murky third type called [computer modeling](#).

[Observational studies](#) deal with statistical correlations or epidemiology and the study of human behavior and emotions without any kind of intervention. Cohort studies, case control studies, asking people how they feel while doing something or after they did something, cultural observation, such as anthropologists living among primitive peoples to learn how they think and behave—the proverbial “fly on the wall.” Such studies are usually cheap, can be conducted over a long period of time, and sometimes they are all that can be done in regard to what is being studied.

The worst kind of scientific research to rely on is [computer modeling](#). It is used to create simulations and representations of real world events as well as make predictions or explain what might happen in certain situations or areas. In other words, it explores the great WHAT IF. But computer models aren't reality and can't know all of the variables. To [quote](#) Science Learning Hub: “Models have always been important in science and continue to be used to test hypotheses and predict information. Often they are not accurate because the scientists may not have all the data.”

Example: computer models used to flesh-out and determine the size of the prehistoric mackerel shark otodus megalodon which swam in our oceans for almost 20 million years before going extinct about 2.6 million years ago. It was the largest fish that ever lived and had a bite force more powerful than Tyrannosaurus Rex. Turns out the original models were wrong and instead of 50 feet long it was more like 65 ft. long. The size uncertainty is because shark skeletons are mainly cartilage which doesn't fossilize so all paleontologists have to work with are its teeth and jaws—the only parts that were bone. But the new estimate could just as easily be wrong and so what.

If computer models are wrong about how fleshed-out dinosaurs and other prehistoric animals looked and behaved it's no fuff of my peach. No harm done. But if inaccurate computer models are used to determine public health policies then it matters a whole lot.

Case in point: epidemiologist Neil Ferguson, also known as “Professor Lockdown” of London's Imperial College. This is the fool who did a flawed [computer model](#) showing that there would be 510,000 COVID-19 deaths in the UK and 2.2 million deaths in this country unless, as reported in [Business Insider](#) on April 25 2020, “herd immunity” was scrapped in favor of a “suppression strategy” or “weeks of lockdown.”

Herd immunity means that people go about their normal lives, the virus runs its course, and the surviving population, which is just about everyone, develops antibodies and is immune. This is the nonintervention strategy governments should have followed instead of listening to an idiot like Ferguson who's computer models suck. Read MSN's 9-18-2021 [report](#) on Ferguson's reign of error.

The third type of scientific research are experimental studies which involve testing, measuring and examining an actual something. This kind of scientific research is the realm of controlled experiments which are a lot more expensive to do, but are the best way to determine the truth. The [gold standard](#) of controlled experiments are randomized controlled trials with verified outcomes (RCTs) along with meta analysis (combining different studies) and systematic reviews of RCTs. When testing a drug or a vitamin supplement RCTs are referred to as double-blind, placebo-controlled studies.

All observational mask studies can do is claim that there is a correlation between wearing masks and COVID-19 cases and death numbers. Such studies are contradictory. There are plenty of observational studies that show masks don't work. They are also heavily subject to bias because there are too many variables in the real world. There is no way to know who wore masks consistently, if they wore them properly, and it's easy to cherry-pick data. As the old saying goes: "correlation doesn't prove causation." In other words, when it comes to masks, you have to verify observational studies with RCTs because they eliminate bias and speculation by testing the masks directly to see if they actually work. Get it folks? You don't need to rely on weak observational and computer studies when you're dealing with an actual something like a mask.

The Journal of the American Medical Association (JAMA), one of the world's [top ten](#) medical journals, warned about relying on observational studies to guide policies on COVID-19 in a July 2020 [article](#) because they might "reduce the likelihood of a properly designed trial being performed, thereby delaying the discovery of reliable truth...if leaders, commentators, academics, and clinicians cannot restrain the rush to judgment in the absence of reliable evidence, the proliferation of observational treatment comparisons will hinder the goal of finding effective treatments for COVID-19—and a great many other diseases."

The WHO's "[Interim Guidance](#)" on page 6 states that there is no high quality direct scientific evidence that supports the use of masks by the general public. Instead, they admit that it is "a growing compendium of observational evidence," the kind of evidence that JAMA warned against relying on, that indicates their possible effectiveness.

Every properly conducted RCT on masks ever done over the past 80 years has shown that masks regardless of what kind, cloth, surgical, N95, are worthless against viral diseases. There has never been an exception which includes the Danish [study](#), the first RCT conducted to determine if masks are effective against the COVID-19 virus, published in the Annals of Internal Medicine last November. It found the benefits of wearing masks "was not statistically significant." Read the results of some of the other rigorous RCT mask studies [here](#), [here](#), and [here](#).

Notice that I said every properly conducted RCT. This excludes the recent Bangladesh mask [study](#). It was the only RCT that showed some benefit to wearing surgical masks. But there were all sorts of problems with it and proper protocols weren't followed. In spite of this, the study also found what all the properly conducted RCTs found: cloth masks are utterly useless. N95 masks, also known as respirators, weren't included in the study. For a thorough

debunking of this flawed RCT read Dr. Denis Rancourt's [article](#) and Dr. Scott Atlas's interview on Fox News [here](#).

Bottom line: masks don't work—even a lot of the [packages](#) they come in say that they won't protect you from SARS-CoV-2 and other viruses. For example, a [study](#) from the University of Waterloo, Canada found that blue surgical masks were only 10% effective in stopping COVID-19 infection. This is because all masks, regardless of what kind, have a network of microscopic pores which are larger than the viruses they are supposed to keep out. If they didn't, you wouldn't be able to breathe in them at all. Viruses go right through masks as Fauci pointed out in a [February 2020 email](#).

This is demonstrated in [mechanistic studies](#) which test masks to determine the quantity of viral particles and droplets they block. The studies, such as [this one](#), always show that plenty of viral particles will go through and around the sides of any mask. This is especially true in the case of men who have beards. The FDA admits some of this [here](#). But saying that masks are 75%, 80%, 95% or even 99% effective is saying that they are 0% effective. This is why N95 masks, which means they filter out at least 95% of pathogens, fare no better than other types of masks in RCT studies. If you want to use an analogy, don't think of a raincoat and umbrella preventing most parts of you from getting wet in a torrential rain storm. Instead, think of a screen door on a submarine because that's how useless masks are.

Wearing a mask isn't a small thing to ask

A common mantra uttered by some members of the brainwashed public along with politicians and bureaucrats whose mental processes have atrophied from non use is that wearing a mask is small thing to ask—no big deal—a minor inconvenience. Oh, really? I think not.

As explained in some of my previous articles, numerous studies in the scientific literature demonstrate that masks are extremely damaging to the health of adults and children in numerous ways. A huge [comprehensive review](#) of those studies was published in the International Journal of Environmental Research and Public Health last April. It included numerous systematic reviews and meta-analysis of experimental and observational studies.

The study documents that by obstructing the nose and mouth, oxygen deprivation increases CO2 levels in the blood causing: [hypoxia, hypercapnia](#), facial lesions, damage to teeth and gums such as gingivitis that along with less oxygen increases the risk of heart attack and stroke, cancer due to lower oxygen levels and toxic substances in the masks, psychological deterioration, physical and mental exhaustion, headaches, and confusion which the authors of the study call MIES (Mask-Induced Exhaustion Syndrome). Masks are even more harmful to children.

Masks create a warm moist environment on the face which is a veritable petri dish for all sorts of pathogenic microbes that “can cause clinically relevant fungal, bacterial or viral infections.” In addition, mask wearers exhale more fine microscopic aerosol particles than non mask wearers which can remain suspended in the fluid air for hours and are the primary mode of viral transmission, not droplets. This is why plastic shields at store counters are worthless. The viral aerosols are everywhere and everyone is breathing the same air.

The study further explains: “The mask-induced adverse changes are relatively minor at first

glance, but repeated exposure over longer periods in accordance with the above-mentioned pathogenic principle is relevant...According to the scientific results and findings, masks have measurably harmful effects not only on healthy people, but also on sick people..."

No, folks, wearing a mask isn't a small thing to ask—it is far too much to ask.

Additional facts to consider

When you hear some doctor or scientist extolling the benefits of wearing a face diaper, keep in mind that there is no such thing as a PhD in masks. Medical doctors can specialize in many areas, but none are specialists in masks. No such zebra exists. Like everyone else, MDs and PhDs have to educate themselves on this topic or they won't know jack. It doesn't matter how many diplomas are hanging on their wall.

A doctor may learn how to use masks and respirators in medical school. For example, surgeons are taught to use masks in operating rooms to prevent droplets from their nose and mouth from going into a patient's open wound. But this doesn't mean that they know if masks actually work. Doctors aren't taught to question the procedures they learned in medical school who's curriculum is heavily influenced by [Big Pharma](#).

And let us not forget that a lot of doctors and scientists are [paid whores](#). For centuries science was dominated by wealthy aristocrats and innovative thinkers who did science for the pure joy of it. But as [Dr. Peter Duesberg, PhD](#) explained in his 1996 book "Inventing The AIDS Virus," the lone pioneer, the Isaac Newton, the Albert Einstein, intrepidly exploring the mysteries of the universe in his laboratory has been kicked out of mainstream science. In his place is a huge bureaucracy that controls teams of scientists who are dependent on huge government grants.

To get along in science today you have to follow whatever the corporate agenda is or you won't get funded. If doctors don't play along they can lose their medical license. This creates a herd mentality that ostracizes doctors and scientists who dare to speak out. As [Upton Sinclair](#) (1878-1968) put it: "It is difficult to get a man to understand something when his salary depends on his not understanding it."

Some people will argue that they are educated and informed on a topic because they watch a lot of news or read the paper. Dead wrong! They aren't educating themselves—they are brainwashing and indoctrinating themselves because they aren't verifying if what they're being told is true. And this doesn't mean verifying what Wolf Blitzer is saying on CNN by listening to Rachel Maddow on MSNBC because they are all reading from the same corporate script as demonstrated [here](#). Some good reporting creeps in here and there, but for the most part you're in an echo chamber getting spoon-fed propaganda by a bunch of corporate lackeys who are there to please their [advertisers](#). Bringing the public reliable news isn't a priority. For example, look at all the pharmaceutical ads on TV. That's billions of dollars in network revenue—most are not going to upset the Big Pharma appplecart.

Also consider that if COVID-19 is so deadly, why aren't there any biohazard bins for discarded masks? How come we can just throw them in the garbage and litter our streets with them?

Masks along with all other irrational COVID rules are about maintaining the illusion of a

pandemic. Masks create the illusion that there's something to be afraid of. They also divide us. Unmasked people and those actively opposing this global tyranny threaten the fearful brainwashed masses because they make a lot of them think that if there isn't a scary icky microbe to be afraid of maybe they should get off their asses and fight for their rights. They resent this because they need to believe they're being righteous and patriotic by following the rules rather than realize that all they are doing is contributing to their own oppression.

People wearing masks because Anthony Fauci and other authority figures told them to is a classic example of groupthink. Another name for groupthink is mass stupidity.

Masks are about virtue signaling. The exhaustive study in the International Journal of Environmental Research and Public Health that I cited earlier documents Fauci, the WHO, the New England Journal of Medicine, etc. admitting this.

Virtue signaling to promote lies isn't new. With AIDS it was condoms. With COVID-19 it's masks. At least condoms usually worked when it came to preventing unwanted pregnancies and venereal diseases. They didn't work when it came to preventing AIDS because there was never any virus to transmit. And if condoms aren't your thing because for a lot of people they ruin the sex act, there are other ways to prevent pregnancy and sexually transmitted diseases. But masks are utterly useless. There is no reason for anyone to be wearing them.

Wake the hell up

Get it through your heads once and for all folks. Masks are not about controlling the spread of COVID-19—they are about controlling the spread of freedom. Masks are about controlling you. I beg you, I implore you, wake the hell up. All you're going to get by obeying authoritarian orders are more authoritarian orders. The longer you comply with this nonsense the longer it will go on.

Even if you aren't bothered by wearing a mask you are still being oppressed because there is no reason to wear a mask. By continuing to wear a mask you are advertising your submission to the tyrannical world order that they are trying to impose on us. Masks make it easier to identify who the sheep are. So stop complying. There are lots of ways to get out of wearing masks.

In areas where there are no mask rules it's easy. Just take off the masks. Stop wearing them. It's that simple. If you're in an area that has mask mandates and ordinances and confrontation isn't your style you don't have to die on that hill. Read the masks mandates and rules for your area and you will find that they very likely allow exemptions for medical, religious, and in some cases even psychological reasons. Just politely tell a business that requires masks that you have an exemption and that will usually be enough. Read the CDC and WHO mask guidelines as well. Get a medical mask exemption letter from your doctor. If your doctor won't give you one try other doctors. Keep at it.

See if your employer will recognize mask and vaccine exemptions. If not, look for another job that will. There are plenty of jobs available now which in some cases is due to a lot of people being afraid to work because they believe the fear narrative. But the main reason could very well be because a lot of people have died and been seriously injured by the COVID vaccines. Just keep in mind that masks, like the tests and the vaccines (except for the Comirnaty vaccine), are under an EUA (Emergency Use Authorization). Under Federal

Law you have the right to refuse to wear them as explained [here](#) and [here](#). Additional websites to resist mask rules: [Peggy Hall](#), [Peggy Hall interview](#), [Jason Hommel](#).

And to all businesses who are tired of this mask nonsense listen up.

My physical therapist who I'm seeing for a shoulder injury is an example of what not to do. She had stopped wearing a mask for quite a while once the mask mandates in our state were repealed. She's a wonderful person who I like a whole lot. She has read my articles. She knows the science. She knows that masks are worthless. But she told me that a couple of masked customers complained and now the mask is back on her face and she won't take it off even if no one else in the place has a mask on.

I implore all business people who think like my physical therapist: take off those stupid, ridiculous, useless masks and throw them in the garbage. Losing some customers isn't worth losing your freedom. It isn't worth the destruction of our world as we know it. It isn't worth the dystopian world order you will be leaving to your children and to future generations. Don't help the Bill Gates and Klaus Schwabs of this world bring about your demise. Don't allow other people's fear to control you. Start educating brainwashed mask wearing people. Get them out of this cult. Because that's what mask wearing is: a cult ritual. Refuse to go along with it any longer.

Grow a spine and throw those masks away.

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