

Mossel Bay - The True Garden Of Eden

- By Advocate De Waal Lubbe -

A. Human Evolution

Somewhere in the evolution of Man, something unprecedented happened in the evolution of the human brain. The human brain changed, grew in size, as seen against the backdrop of virtually no development over millions of years, to change, to communicate, beautify, etc.

Human beings are thought to have lived on earth for millions of years, however, this big change in humans and their brains, are thought to have happened in only the last 200'000 years or so. This sudden explosion in human mental abilities and culture, is often described as the **Big Bang** in "Human Consciousness" or "The Great Leap Forward".

What could have caused the change in human brains?

The brain, according to scientists, reached its present size of 1 500cc between 150'000 and 200'000 years ago. Scientists further suggest that the so called Big Bang occurred because certain critical environmental triggers acted on the human brain, which caused the rapid change in activation of consciousness in humans.

Suddenly an event occurred which caused a dramatic advancement in the culture of humans, the magic allowing for this leap in human ability to exert fine control over, to start with, spoken sounds.

Richard Dawkins and linguist **Steven Pinker** believe that language already existed before the leap, but archaeology still cannot prove when language began, apart from accepting the fact that the San-Khoi language is the oldest language on earth, from which all other languages derive.

From the discoveries made in Mossel Bay by **Prof. Curtis Marean, from the Institute of Human Origin of the Arizona State University as well as researchers from South Africa (UCT), Australia (UNSW,UoW), Israel and France,** revealed occupation by middle

Stone Age people

between 170'000 and 70'000 years ago, where the earliest evidence of the systematic exploitation of marine resources (shell fish), symbolic behaviour, evidence of heat treatment of rock to make stone tools and the use of ochre to beautify, have been documented.

It is believed that between 400 - 700 of these early modern thinking men and women, survived the ice age here in Mossel Bay and coastline to the West, which was habitable due to the known mild climate, by eating roots, seeds, etc. of the very hardy, diverse plant species and then shell fish as protein. Shell fish is believed to may have been crucial to the survival of these early humans as they roamed the coastline of Mossel Bay.

Harsh climate conditions nearly extinguished our species, but these Mossel Bay men and women survived, by exploiting the unique combination of resources on offer along our coast. Their predominantly shell fish protein diet, rich in **Omega**, played a substantial role in enlarging the brain and intelligence.

The excavations further indicate that these early humans, expanded their diet to include marine resources, i.e. shell fish, fish, etc.

B. HUMAN CONSCIOUSNESS

Human consciousness has been defined by **G. Farthing in The Psychology Of Consciousness, as: subjectivity; awareness; the ability to experience feelings; wakefulness; having a sense of selfhood; or the executive control system of the mind.**

The origin of the modern concept of consciousness is often contributed to **John Locke's, Essay Concerning Human Understanding,** (1690), where he defined consciousness as

"the perception of what passes in man's own mind".

In philosophy Stuart Sutherland, in *The Macmillan Dictionary Of Psychology*, wrote: "Consciousness - The having of perceptions, thoughts and feelings; awareness".

The first influential philosopher to discuss how consciousness relates to the physical world, was Descartes. The answer he gave is known as Cartesian Dualism, where he proposed that consciousness resides within an immaterial domain, which he called ***Res Cognitans***, meaning the realm of thought, in contrast to the domain of material things, which he called

Res Extensa

, meaning the realm of extension. He suggested that the interaction between these two domains, occur inside the brain, perhaps in a small midline structure, called the *pineal gland*

Many philosophers consider experience to be the essence of consciousness, and believe that experience can only fully be known from the inside, subjectively, which we attribute consciously on the basis of behaviour, we attribute experiences to people because of what they can do, including the fact that they can tell us about their experiences.

C. THE MYSTERY UNRAVELED

The puzzle of the big bang change involved putting together pieces, that at first look, had no relation.

The first piece of the puzzle involved discovering early human populations that demonstrated greater intelligence. They found evidence in The East African Rift Valley and on the Southern Cape of South Africa, at Blombos near Siltbaai, 100'000 years ago, and at Mossel Bay 170'000 years ago.

The second piece of the puzzle was the discovery that decosahexaenoic acid (DHA), was a

large distributor to brain growth.

The third piece of discovery was that DHA was found in seafood.

When scientist put al the pieces together, they found that early humans who lived near water sources and ate seafood, experienced the Big Brain Change! Stone Age women collecting shellfish, could have easily provided themselves with a plentiful source of brain-specific nutrition, and their children would have naturally participated in exploitation in this extremely rich resource. There must have been enough Omega 3 and Omega 6 fatty acids available in their diet to provide **MANY GENERATIONS WITH FUEL FOR FETAL / INFANT DEVELOPMENT, AS WELL AS CHILDHOOD AND ADULT NEEDS FOR THE CARDIOVASCULAR SYSTEM AND THE BRAIN.**

Erik Trinhaus and his colleagues at Washington University in St. Louis, analyzed the bones of Neanderthals, who lived in Europe 28'000 to 130'000 years ago. The results suggest the Neanderthals ate mostly red meat from the larger animals that roamed Europe at that time. **Stephen Cunnane, a professor of nutrition at the University of Toronto,** supports the theory that DHA from seafood boosted the power of early humans. **"You don't need a big brain to collect mussels and clams, but living on them gives you the excess energy and nutrients that can be directed towards brain growth",** he said.

The brain is a hungry organ and its cells require two times more energy than any other cell in the body. The health of the human brain depends not only on how much (or little) fat you eat, but on what kind it is. Intellectual performance requires the specific type of fat, most commonly found in fish and shell fish, know as Omega 3 - fatty acids.

Omega 3s are known to be particularly crucial constituents of the outer membrane of brain cells. It is thought this fat rich cell membrane that all nerve signals must pass. In addition, as learning an memory forge new connections between nerve cells, new membranes must be formed to sheathe them. All brain cell membranes continuously need to refresh themselves with a new supply of fatty acids.

Electrical signals travelling through the brain get passed from one brain cell, or neuron, to the

next, much like the baton handed between runners in a relay race. In the changeover, a signal needs to leave on brain cell at a point called the synaps, and cross a physical gap before entering the neighbouring neuron.

For signals to enter a neuron, they need to pass through the walls that surround them. These walls, known as cell membranes, consist almost entirely of fats. About 20 % are essential fatty acids like Omega 3. Imbedded in the brain cell membrane are structures called ion channels that open to allow the flow of electrical signals into the cell, or close to prevent the flow. They perform this function by changing their shape.

One theory is that a specific Omega 3 fatty acid called Docosahexaenoic (DHA) makes the membrane that holds these channels, MORE ELASTIC, MAKING IT EASIER FOR ION CHANNELS TO CHANGE SHAPE.

D. TRUE GARDEN OF EDEN

Dr. Micheal Crawford, Ph.D., eminent British authority on brain nutrition, says that our brains evolutionary growth and development occurred primarily due to early human consumption of high

Omega 3

fat foods, primarily found in fish. He further says that man's brain capacity, especially the cerebral cortex exploded rapidly in our ancestors living in Africa near the sea.

Dr. Crawford's contention is that eating seafood with Omega 3 type fat, was the nutritional stimulus needed to produce huge jumps in brain size and brain power.

Thus, Academics, Scientists, and Philosophers' opinion has it then that, humankind survived the last ice age here in Mossel Bay 200'000 to 160'000 years ago, due to its mild climate, and the rich protein and Omega 3 nutrition's of the sea. Only 400 to 700 of these early modern humans so survived, living around here for thousands of years, mainly on a fish and shell fish diet, which enlarged their brains, made more intellegent, and most of all, these early modern humans became conscious (in the modern sence), thinking, talking, started wearing clothes, beautifying, sharpening, cooking, etc.

Bear in mind that it is only Mossel Bay that has the very mild climate, not the whole coast. Is it then not probable that these early modern human thinking men and women, would have, for social sake, safety sake, breeding sake, surviving sake, etc. have stayed in close proximity to each other as a group? All the above taken into account. I venture, with confidence to say that, **MOSEL BAY IS THE TRUE / REAL GARDEN OF EDEN OF THE WORLD AND MODERN HUMAN ORIGINS.**

