

# *SARS and the Health of the Lungs*

**PRELIMINARY** This article is an update of the original publication ....a month? .. ago? A new paragraph was added: **WHAT IS THE MESSAGE OF THE MATRIX?** This paragraph is based on triple the number of terms that are now presented. Many terms support the original terms. Other terms are new, confirming recent finds, or shed new light on the situation. It must be noted that many of the new terms introduced now by the author would not have been found without the help of the dedicated editors, other searchers and readers who e-mailed their ideas, questions, and/or suggestions. Your comments are welcome.



**SARS**—discovered months ago but gaining world attention only in the past few weeks—is Severe Acute Respiratory Syndrome, which World Health Organization (WHO) officials now believe got its start last year in China's Guangdong Province. It is a pneumonia-like illness that has no known cure.

Called a "celebrity disease" by some, who point out that tuberculosis kills two million people worldwide per year, SARS threatens to devastate China's economy. It has already had an enormous impact on Canada's financial well-being.

However, SARS has been stopped by health officials in Vietnam, slowed considerably in Toronto and in Hong Kong, Singapore and other affected locations.

Health officials have estimated that it will be **at least one year** before an antidote for the syndrome is available, more likely three years. One source is quoted as saying the disease originated in an undetermined exotic animal and spread through human contact.

A matrix I discovered on SARS is located in a passage of Torah text that suggests strongly that Hashem, or G-d, is allowing or causing/allowing this disease. At the beginning of the surface text is this dire warning of what would befall the Children of Israel if they turned away from Him.

**If you do not carefully follow all the words of this law, which are written in this book, and do not revere this glorious and awesome name—the LORD your God, the LORD will send fearful plagues on you and your descendants, harsh and prolonged disasters, and severe and lingering illnesses. He will bring upon you all the diseases of Egypt that you dreaded, and they will cling to you. The LORD will also bring on you every kind of sickness and disaster not recorded in this Book of the Law, until you are destroyed. You who were as numerous as the stars in the sky will be left but few in number, because you did not obey the LORD your God. Just as it pleased the LORD to make you prosper and increase in number, so it will please him to ruin and destroy you. Deuteronomy 28:58-63a (New International Version)**

## **INTRODUCTION:**

The heart of this Bible code matrix is the lungs. More specifically, the health of the lungs is the subject of the matrix. In Hebrew, the word health and lungs is the same: **בְּרִיאָה**. It makes good sense, that in an area of the Bible where G-d discusses the health (and wealth) of the follower as a function of following the commandments, a very serious health issue is found: SARS — The health of the lungs. The punch line or the bottom line of very sick

lungs is that they no longer function, and breathing ceases. The last term at the bottom of this matrix, that deals with a very serious lung disease, states: “no breathing”.

Our sages tell us that a healthy soul is in a healthy body. On the other hand when the soul is not healthy (does not obey Divine rules) the body is not healthy. The matrix that deals with SARS, covers the area where Hashem is laying down the rules, and the consequences of following them, or choosing not to follow. The matrix shows that He can bring on sickness or cure, but the choice is up to us based on our free will decisions.

### **WHAT DO WE KNOW ABOUT SARS [& confirmed by the codes] :**

וירוס פלא	a wonder virus
וקטלני	and lethal
האסייתית	The Asian
מתשג	Since 2002 (5,) 763 (November).
בריאות	in the lungs
בקדחת ובדלקת	with fever, and with inflammation
שום נשימה	no breathing
בידע סינ	With the knowledge of China [they withheld the information too long]
בסינ הוה	in China disaster
מחרידיכ כה	scares you so / a scare/fright will hit you
הכה תירימ	strike down (killed) tourists
מט החתונות	Crumbled the weddings
לא תיירות	No tourism
לא תוכל להרפא	You will not be able to heal
למת ימות	Die will die!
ואינ מושיע	and there shall be none to save you. [There is no scientific cure].

### **WHAT IS THE MESSAGE OF THE MATRIX?**

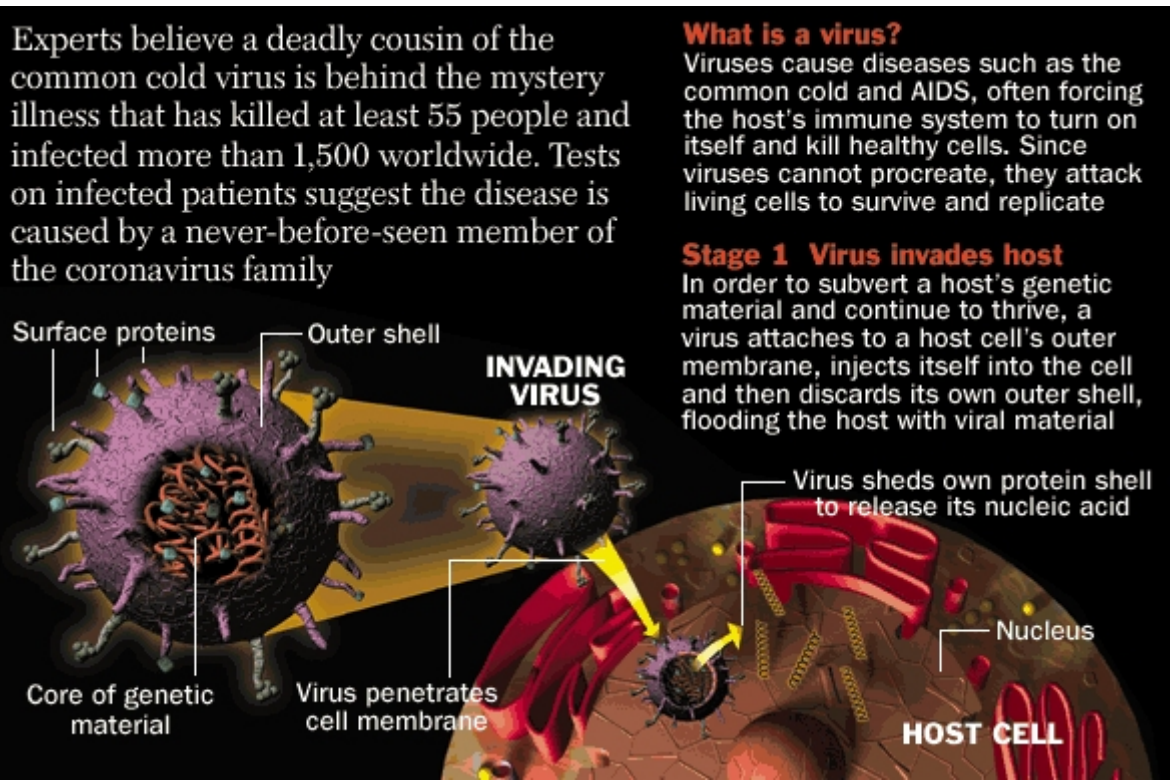
The SARS matrix was initially published, and as a result, the readers sent interesting comments that helped crystallize the coded message. The readers' comments are indicated in the article, and more comments are welcome. At this point, the message appears to be:

**A detailed description of the disease and its name; it is scary, lethal; where and when it began, etc. It also details the moral decay that causes the disease, and points out the simple cure. The Bible clearly indicates in the matrix the reasons for cursing humankind and that Hashem can bring the disease and He can cure it. To cure DISEASE, we must cure the cause, not the symptoms. We must heal our souls (improve our morals as the Bible tells us). Then we will be truly blessed.**

**It is the opinion of the author that the text outlines how to avoid the disease, while in the codes we are given instructions how to be cured after getting the disease.**

NOTE: The matrix begins with the curses for specific sins. It continues with blessings for those that will keep the laws. The matrix ends with the weekly portion of the Torah called “LISTEN - haazinu”. Once again, it details the terrible things that will happen when the laws are ignored.

IE We may find a cure for SARS, we may find cure for earlier and later diseases. The Bible tells us in the matrix that there will be new diseases that we do not know! *Also every sickness, and every plague, which is not written in the book of this law, them will the LORD bring upon you, until you are destroyed. Deuteronomy 28:61.*



**WHAT DO THE CODES SAY ABOUT SARS:**

The codes suggest that the disease is “not a disease”, it is a curse. There are no indications that it is bacteria, but rather it is a virus. The codes suggest that at the center of the disease are those in China - Asia, they have deviated from the moral path. They tell us that disease is a cause [by men] and effect [by Hashem]. He can heal, and He has the medicine. This is healing after the affliction. On the other hand, the text explains how keep good health / [good lungs] to begin with. Below are some of the terms in Hebrew as found in the matrix.

**1- SARS In the Lungs: The virus are a wonder from ME - Since 2002**

סרו = דלקת האסייתית בריאות מתשסג. הם וירוס פלא מאתי

SARS is the Asiatic inflammation in the lungs from 2002. They are a mysterious virus from me (Hashem).

**2- Description of the Inflammation in the Lungs**

ממחלת דלקת בריאות חמ גבוה שיעול וי זיהום בקדחת ובדלקת מנזלת ים

From the sickness of inflammation in the lungs, high fever, cough, woe-infection with fever and with inflammation. From a running nose a sea.

**3- The sickness is not a sickness. It is a curse, a scary thing to hit you.**

התסמינ לא מחלה. האלה הזאת מחרידיכ כה. והנגפ נגיפ וקטלני שומ נשימה

The syndrome is not a disease. This curse – scares you so. And the smiting is a virus and lethal. No breathing.

The words plague/s are found in many times in the matrix. Plague or curse is a main theme in many verses in the matrix, that deals with disease as one form of punishment.

**4- China knew about it! It hit tourists to death. You will not be able to heal.**

בידע סינ בסינ הוה בוויטנמ תוכו תירימ לא תוכל להרפא ואינ מושיע למת ימות

With the knowledge of China, a disaster in China, in Vietnam. Tourists will be hit. You will not be able to heal and there is no help – to die he will die.

תנה אסיה - נא מסכות

Asia deviated from the moral path – please (put on) masks.



יום שלישי, 15 באפריל 2003, 0:01

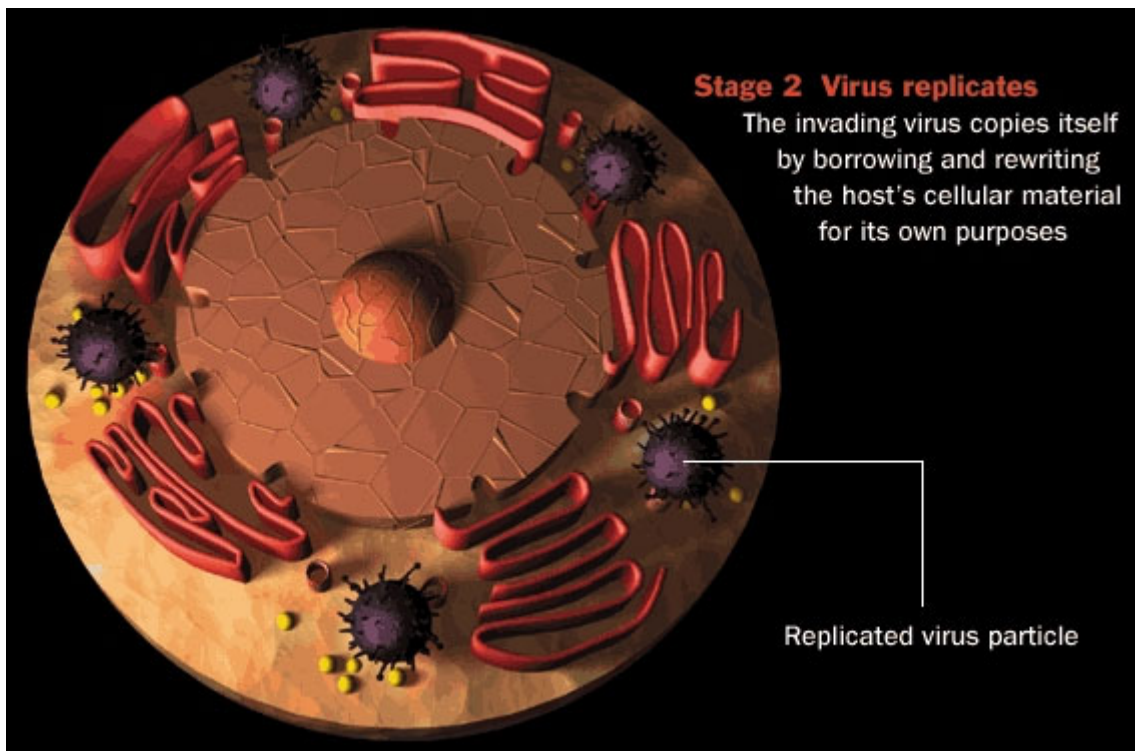


מגוון מסכות בהונג קונג. שקט נפשי? (צילום: רויטרס)

מאת: רויטרס, מערכת וואלה!

**נא מסכות** Please masks

*With the knowledge of China and a disaster in China, has another meaning. Hashem's measure for measure is encountered numerous times in the Bible. China knowingly forbids Bible study. This is a disaster in China. A moral disaster will lead to a physical disaster. We should know that. The Bible tells us. There is another measure for measure from the Bible. The matrix indicates that one should not create a mask [MASECAH] Deuteronomy 27:15. Forcing all to have a "mask", [not allowing Bible study] forces them to WEAR masks....*  
**NOTE:** The hint that led to the above remarks came from Paul Aaron Sneed.



**5- LUNGS bring in the air we need: the air will fight you like a dog bite!**

אזיר בכ הכה. או יום אמת! כלב נשכ. אזיר! יחת נא!

Air hit you. Oh, a day of truth: a dog bit! Air! He will be terrified please.

*The body needs air as the soul needs the Torah! If one will not allow the Torah basics (Allow the teachings of the Bible) the body will miss air as the soul misses the Torah. On the day of truth, one will be bitten (like by a dog) by lack of air. Air! Fear please (as the soul fears missing the Torah).*

**6- The ears that do not allow His words to enter will allow the virus to enter!**

האזנים כנ! מי! הרומש תר לי! העמית לי - לה. תר אזנים. אזנים בז.

The ears! Yes! from Hashem the "creeping thing" explores / seeks for me! The friend [the virus] is for me, for Hashem. Explores ears [the virus] {do they listen??}. Ears scorns / ed.

**ואדברה באזנייהם את הדברים האלה למען ישמעו ולמען ילמדו דברי התורה הזאת**

And I shall speak in their **EARS** these things, in order that they will **LISTEN** and learn the words of this Torah.

Hashem makes a big point about LISTENING to his teachings. Chapter 32 begins the weekly portion of the year that is called LISTEN [haazinu] with the word LISTEN. The children must LISTEN to the teachings of their fathers. etc. Hashem always uses measure for measure in His punishments. If the ears are not used for a positive action, they are made to be used for a negative channel. The ears allow the punishing virus to enter.

**NOTE:** The above connection can also be labeled as: **ראות ואזנים לשמע** - Lungs and EARS to hear. See table below for the term. Lungs in Hebrew can be spelled with or without a yud.

**7- Promiscuity and wild behavior are bad, (and the cause)!**

**ההפקרות או הוללות רעים**

Promiscuity or licentiousness, debauchery, wild behavior is bad.

**8- Remedy, remedy: Hashem**

**התרופה בו(ה). יי רופא. רעת בריאות, ה' בי.**

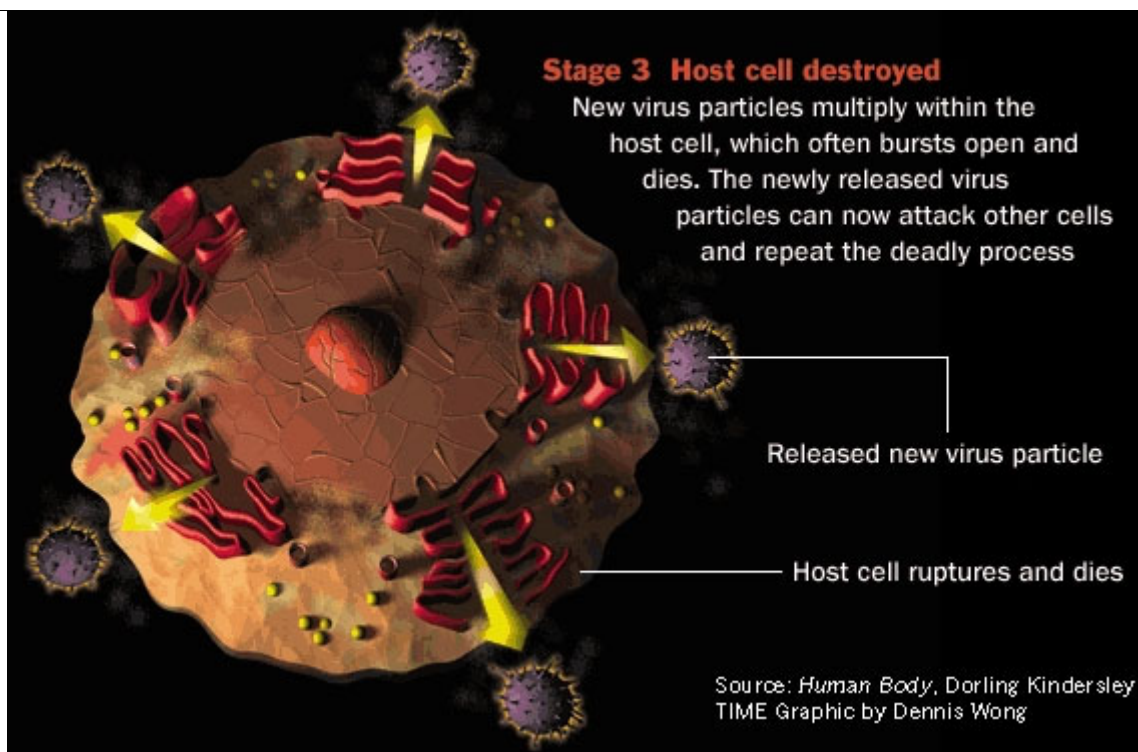
The remedy is in Hashem. Hashem is a healer (doctor). Bad health: Hashem is against me.

**9- Judge them and do not spare the rod**

**ונגשו אל המשפט ושפטומו מוט פשוט**

And they went to judgment and judged them. A simple rod {THE CURE FOR SIN: Proverbs 13 / 24: He who spares his rod hates his son.)

Usha submitted the above and believes that there is a simple cure. She wanted to see what the codes say about simple. The codes at extremely high statistical significance indicate a simple rod in the sentence of a trial and judgment. The Bible instructs the father [the teacher] to use the rod to punish the misbehavior of the son to cure him. The Bible gives the Jew 613 obligations. It gives all the other nations [the sons of Noah] only seven. Of particular interest are the one of what is proper sexual behavior, while another is the requirement to appoint police officers and judges to impose just laws. The typical Geisha girl does not contribute to proper sexual relationships. Banning the study of the Bible is not a just law. The simple rod or punishment can be a simple cure. The Bible documents the plague that just starts as a punishment and ends in a moment by the just.



## 10- Entertainment

רַיָּוִי בְּיָד - Enough entertainment

### Yahoo! News Sun, Apr 27, 2003

[http://story.news.yahoo.com/news?tmpl=story&u=/ap/20030427/ap\\_on\\_he\\_me/sars\\_virus\\_173](http://story.news.yahoo.com/news?tmpl=story&u=/ap/20030427/ap_on_he_me/sars_virus_173)

#### Beijing Theaters Close Amid SARS Deaths

By CHRISTOPHER BODEEN, Associated Press Writer

BEIJING - Karaoke parlors, movie theaters and discos shut their doors Sunday under orders from Beijing officials trying to contain the spread of SARS ([news](#) - [Science](#)), which claimed more lives in the Chinese capital, Hong Kong, Taipei and Singapore.

## 11- SARS

סארס - SARS

This version of the spelling of SARS is based on the English translation of the four words into English and using the first letter of each translation into Hebrew. It does not sound as in English SARS, but it is used often in the Hebrew press to describe the disease. In this matrix the term is only slightly statistically significant. On the other hand, if we check the placing of the letters in the matrix, we find an amazing story:

וְ Deuteronomy 27:17- **Cursed** be he that removeth his neighbour's landmark. And all the people shall say: Amen.

וְ Deuteronomy 27:19- **Cursed** be he that perverteth the justice due to the stranger, fatherless, and widow. And all the people shall say: Amen.

וְ Deuteronomy 27:22- **Cursed** be he that lieth with his sister, the daughter of his father, or the daughter of his mother. And all the people shall say: Amen.

וְ Deuteronomy 27:22- **Cursed** be he that smiteth his neighbour in secret. And all the people shall say: Amen.

Cursed are those that do not follow the seven laws that were given in the Bible to (Noach) all humankind.

## 12- The SARS : Woe it returns see CNN quotation below

An alarming cluster is found within one verse as quoted below.

**Deuteronomy 29:19 The LORD will not be willing to pardon him, but then the anger of the LORD and His jealousy shall be kindled against that man, and all the curse that is written in this book shall lie upon him, and the LORD shall blot out his name from under heaven;**

To make the terms more visible the same two lines that create the cluster are repeated several time. Note that the heading of this cluster is **הוּהוּ נִיסָב** or a disaster in China:

וְהָיָה הוּהוּ לְחַלּוֹנֵי אֲזֵנַי עֲשֵׂה אִם יְהוּהוּ וְקִנְיָתוֹ בְּאִשְׁהוֹ וְאֵלֵהוּ כִּלְהַאֲלֵהֶם כִּתּוּבֵי הַסֵּפֶר הַזֶּה הוּהוּ חֵהוּ הוּהוּ אֲתַשְׁמוּ וּמִתַּחַת הַשָּׁמַיִם

The SARS a disaster in China

וְהָיָה הוּהוּ לְחַלּוֹנֵי אֲזֵנַי עֲשֵׂה אִם יְהוּהוּ וְקִנְיָתוֹ בְּאִשְׁהוֹ וְאֵלֵהוּ כִּלְהַאֲלֵהֶם כִּתּוּבֵי הַסֵּפֶר הַזֶּה הוּהוּ חֵהוּ הוּהוּ אֲתַשְׁמוּ וּמִתַּחַת הַשָּׁמַיִם

The infection a disaster in China

כל האלה הכתוב בהבספר הזה והאשמה ומתחת השם  
בה' יהוה לחלונכ' אז יעש' אפי' יהוה וקנאת' בא' ישה' ו' א

### The infection a disaster in China

כל האלה הכתוב בהבספר הזה והאשמה ומתחת השם  
בה' יהוה לחלונכ' אז יעש' אפי' יהוה וקנאת' בא' ישה' ו' א

### Woe, it will return (SARS) a disaster in China

כל האלה הכתוב בהבספר הזה והאשמה ומתחת השם  
בה' יהוה לחלונכ' אז יעש' אפי' יהוה וקנאת' בא' ישה' ו' א

### SARS and they live (experience) fire (high fever) a disaster in China

### Woe, it will return (SARS) a disaster in China

<http://www.cnn.com/2003/HEALTH/05/02/sars/index.html>

Health official: SARS epidemic has crested in Beijing

In Hong Kong, 12 former patients return to hospitals

Friday, May 2, 2003 Posted: 4:38 PM EDT (2038 GMT)

BEIJING, China (CNN) -- A senior health official in Beijing says he is optimistic that the spread of the deadly SARS epidemic has crested in the Chinese capital, but a new complication is worrying Hong Kong doctors.

### 13- The origin of SARS

החל מ חיות: עפ, יעל

Started from flying animals, [and/or] ibex.

**NOTE:** On April 29 2003 CNN news indicated that there is a suspicion that the SARS virus originated from exotic animals.

### 14- Weddings, tourism

לא תיירות מט החתונות

The weddings crumble, No tourism.

### 15- G-d's Decree! And the REMEDY

גזרה מה' מה' רבא - גזרת ה' - התשובה - מתשובה - מתפילה - שר הלל די צדקה ישע

A decree from Hashem, from his great name. Hashem's decree. The answer: From repent, from prayer, sing praise, enough charity..... (and then) SALVATION.

### 16- G-d's awe! They mutate! They excrete in the sweat, urine

ורידים ראו התהא ה לדמ ורידי מיי כולכם כנ ולשרוד באו שינוי לו ושינוים

Veins see! Hashem causes amazement / awe! To the blood of my veins. From Hashem you are all. Yes! they came to survive. It changed, and changes.

הפרשות בזיעה מהל בשתנ מיי טיפול חיטוי שי האל בא כל מיד ה'

Excrements In the sweat, diluted in the urine, From Hashem the treatment, taking care. Disinfection, a present from Hashem. Everything comes from the hand of Hashem (or כלמידה Chlamydia).

וקראת אתכם הרעה באחרית הימים כי תעשו את הרע בעיני יהוה

and evil will befall you in the end of days; because ye will do that which is evil in the sight of the LORD

### NOTES:

1- The blood typically carries the virus. The veins are the highway. These highways are seeing in amazement Hashem's amazing virus. It mutates, it changes, it survives anything that is being thrown at it inside their veins and out. IE: The press has reported mutations and changes.

2- The virus is excreted out of the body (with sweat and diluted in the urine). Only Hashem can take care of eliminating the spreading threat. IE The press has reported that the virus lives outside the body for several days.



3- It was reported that the suspected SARS virus does not **come alone**. The SARS virus was found in the bodies of only 40% of the victims. On the other hand, the Chlamydia bacteria was found! The term **בא כל מיד ה'** indicates that the **Chlamydia bacteria comes**. There is no need to spell the term **כלמידיה** with a yud after the daled. However, without the yud it indicates that **All is in the hand of Hashem**. With the yud it would indicate that **all is in the hands of Hashem!**.

Term	Translation	Skip	R Factor	Start
<b>Health (בריאות) In the Lungs (בריאות)</b>				
<b>1- SARS In the Lungs: The virus are a wonder from ME - Since 2002</b>				
דלקת	Inflammation	1	1.1	28 V 22 L 22
בריאות	health / in the lungs	13	1.3	28 V 53 L 43
האסייתית	The Asian	446	2.6	28 V 11 50
סרז	SARS	2	0.9	28 V 58 L 38
סרז	SARS	2	0.9	29 V 19 L 64
סרז	SARS	2	0.9	29 V 26 L 44
הם וירוס פלא מאתי	They are a wonder virus from Me.	209	10.2	29 V 8 L 13
מתשג	Since 2002 (5,) 763	136	1.5	28 V 57 L 40
<b>2- Description of the Inflammation in the Lungs</b>				
ממחלת	from the sickness of...	-2	1.5	28 V 55 L 10
דלקת	Inflammation	1	1.1	28 V 22 L 22
בריאות	health / in the lungs	-92	0.4	28 V 53 L 16
חם גבוה	high fever	784	0.9	28 V 48 L 45
שיעול	cough	7	0.6	30 V 9 L 85
וי זיהום	Woe (no!), Infection!	14	2.7	31 V 27 60
בקדחת ובדלקת	with fever, and with inflammation	1	1.4	28 V 22 L 15
מנזלת	from a running nose	-23	1.2	28 V 62 L 25
מנזלת ים	from a running nose - a sea (of liquid?)	-23	3.3	28 V 62 L 25
<b>3- The sickness is not a sickness. It is a curse, a scary thing to hit you.</b>				
התסמינ	The syndrome	43	1.8	28 V 62 53
התסמינ	The syndrome	378	0.9	27 V 2 4
התסמינ	The syndrome	-1693	0.2	29 V 26 47
המחלה	the sickness	22	0.2	25 V 17 L 12
המחלה	the sickness	22	0.2	29 V 25 L 14
לא מחלה	not a sickness	-12	1.7	30 V 2 L 23
האלה הזאת	This curse	1	1.1	29 V 13 L 34
האלה הזאת	This curse	1	1.1	29 V 18 L 16
מחרידיך כה	scares you so / a scary will hit you	1	1.4	28 V 26 L 41
מחריד יכך	scares you so / a scary will hit you	1	1.4	28 V 26 L 41
שום נשימה	no breathing	-63	2.9	31 V 26 L 50
והנגפ	and the smitteness	1	1.4	28 V 25 L 7
נגיפ	virus	19	0.6	28 V 49 L 36
נגיפ	Virus see special location in matrix	111	-0.1	28 V 22 L 43
וקטלני	and lethal	424	1.5	26 V 2 L 1
<b>4- China new about it! It hit tourists to death. You will not be able to heal.</b>				
בידע סינ	With the knowledge of China	4	4.9	28 V 38 L 5
בסינ	In China	-1	1.3	32 V 10 29
בסינ	In China	-3	0.9	32 V 30 26
בסינ	In China	6	0.7	29 V 19 L 5
בסינ הוה	in China disaster	6	3.6	29 V 19 5
בוויטנמ	in Vietnam	-454	1.8	28 V 11 16

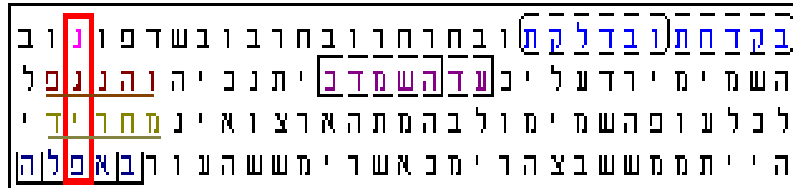


תעה אסיה	to deviate from the (moral) path - Asia	9	3.7	29 V 18 L 56
הכה תירימ	strike down (killed) tourists	30	3.1	25 V 18 L 51
תוכו תירימ	(you) will get "hit" tourists	-48	4.1	28 V 4 L 19
למת ימות	die will die!	5	2.7	26 V 17 L 23
לא תוכל להרפא	You will not be able to heal	1	1.1	28 V 27 L 39
לא תוכל להרפא	You will not be able to heal	1	1.1	28 V 35 L 35
ואינ מושיע	and there shall be none to save thee.	1	1.1	28 V 29 L 71
שום נשימה	no breathing	-63	2.9	31 V 26 L 50
ומסכה	and a mask	1	1.4	27 V 15 19
נא מסכות	Please masks	597	2.1	28 V 37 33
<b>5- LUNGS bring in the air we need: the air will fight you like a dog bite!</b>				
Air hit you. Oh, a day of truth: a dog bit!		-2	22.0	28 V 10 3
אויר בכ הכה או יום אמת כלב נשכ				
אויר יחת נא	Air! He will be terrified please.	-2	5.8	28 V 59 53
האויר	the air	-2	0.6	28 V 65 21
האויר	the air	-2	0.6	30 V 9 14
<b>6- The ears that do not allow His words to enter will allow the virus to enter!</b>				
ראות ואזנים לשמע	Lungs and EARS to hear	1	1.3	29 V 3 L 27
אזנים	ears	1	1.1	29 V 3 32
אזנים	ears	-31	0.7	31 V 7 89
האזנים	the ears	-31	1.7	31 V 8 18
כנ! מי! הרומש תר האזנים	The ears! Yes from Hashem the "creeping thing" explores / seeks	-31	17.7	31 V 8 18
האזנים כנ! מי! הרומש תר לי! העמית לי - לה'				
The ears! Yes! from Hashem the "creeping thing" explores / seeks for me! The friend [the virus] is for me, for Hashem.		-31	27.8	31 V 8 18
תר אזנים	explores ears [the virus] {do they listen??}	-73	2.7	31 V 21 70
אזנים בז	Ears scorns / ed	117	3.5	31 V 18 2
ואדברה באזניהם את הדברים האלה				
I may speak these words in their ears		1	1.3	31 V 28 31
למענ ישמעו ולמענ ילמדו	In order that they will hear and will learn	1	1.3	31 V 12 39
דברי התורה הזאת	The words of this Torah	1	0.3	27 V 3 15
דברי התורה הזאת		1	0.3	27 V 8 18
דבריהתורההזאת		1	0.3	27 V 26 16
דבריהתורההזאת		1	0.3	28 V 58 18
דבריהתורההזאת		1	0.3	29 V 28 49
דבריהתורההזאת		1	0.3	31 V 12 89
דבריהתורההזאת		1	0.3	31 V 24 19
<b>7- Promiscuity and wild behavior are bad, (and the cause)!</b>				
הפקרות	the promiscuity	2086	1.4	24 V 13 50
והוללות	(promiscuity) and licentiousness, debauchery, wild behavior	-41	1.5	28 V 46 14
והוללות		-52	1.4	25 V 2 27
והוללות		-252	0.7	29 V 27 8
והוללות		390	0.6	28 V 13 54
או הוללות רעים	(promiscuity) or licentiousness, debauchery, wild behavior are bad	-52	7.2	25 V 3 30
<b>8- Remedy, remedy: Hashem</b>				
תרופה	remedy	37	0.4	29 V 20 L 42
תרופה	remedy	-55	0.2	28 V 62 L 17

התרופה בו	The remedy is in it	-55	3.5	28 V 63 L 12
התרופה בו (ה)	The remedy is in Hashem	-55	4.5	28 V 63 L 12
י' רופא	Hashem is a healer (doctor)	-9	1.7	29 V 24 L 28
רעת בריאות, ה' בי	bad health, Hashem is against me	-92	7.6	28 V 57 L 30
ישלח יהוה בכ את המארה	The LORD will send upon thee cursing,	1	1.4	28 V 20 L 1
כל האלה הכתובה בספר הזה	all the curse that is written in this book	1	1.4	29 V 19 L 51
את כל הקלה הכתובה בספר הזה	all the curse that is written in this book;	1	1.4	29 V 26 L 28
דברי התורה הזאת הכתובים בספר הזה	the words of this law that are written in this book	1	1.4	28 V 58 L 18
Bad health is by Hashem. He is also the healer. Several witness say that above!				
ורדפונך עד אבדך	and they shall pursue thee until thou perish.	1	1.4	28 V 22 L 51
עד השמדך ועד אבדך מהר מפני רע מעלליך		1	1.4	28 V 20 L 52
and until thou perish quickly; because of the evil of thy doings				
וחליים רעים	and sore sicknesses	1	1.4	28 V 59 L 42
<b>9- Judge them and do not spare the rod</b>				
ונגשו אל המשפט ושפטו	And they went to judgment and judged them.	1	1.3	25 V 1 18
מוט פשוט note the term above is at skip = 1 while this one is at skip = -1	A simple rod {THE CURE FOR SIN: Proverbs 13 / 24: He who spares his rod hates his son.)	-1	6.1	25 V 1 L 35
וירוס פלא	a wonder virus	209	3.7	29 V 15 L 47
מירוספלא	from a wonder virus	209	4.8	29 V 12 L 15
המירוספלא	"they" are a wonder virus	209	5.9	29 V 8 L 13
חשונ	Heshvan	6	0.1	28 V 54 L 27
<b>10. No entertainment</b>				
די בידור	Enough entertainment	-11	3.2	32 V 36 L 40
בכ שדר ה' הלי בילוי	In you (singular), broadcasted Hashem: Do I have entertainment?	2	11.6	27 V 3 L 77
<b>11- SARS</b>				
סארס	SARS	-76	0.33	27 V 24 L13
<b>12- The SARS: Woe it returns</b>				
וי חוזר	Woe, it returns	-2	3.2	29 V 19 76
הזהומ	The infection	1	0.8	29 V 19 67
בוזהומ	With infection	7	1.2	29 V 19 61
הסרו	The SARS	2	1.8	29 V 19 62
הסרו	The SARS	2	1.8	29 V 26 42
הסרו וחי ואש	The SARS and the lived fire	2	8.8	29 V 19 62
<b>13- The origin of SARS</b>				
מחיות עפ	From animals (that) fly	2	4.4	25 V 18 26
החל מחיות עפ	Started from flying animals	2	8.2	25 V 18 20
החל מחיות עפ יעל	Started from flying animals, [or ibex].	2	11.7	25 V 18 20
<b>14- Weddings, tourism</b>				
מט החתונות	Crumbled the weddings	-229	4.9	28 V 28 25
לא תירות	No tourism	359	1.8	28 V 2 10
גמ תירות שי	Even tourism is a present	-15	5.5	31 V 10 40

לא תיירות קבל זעה התופ	No tourism. Get sweat the inner eardrum.	359	15.7	28 V 2 10
<b>15- G-d's Decree! And the REMEDY</b>				
גזרה מה' מה' רבא	A decree from Hashem. From Hashem greatness [Aramaic].	347	7.3	29 V 10 11
גזרת ה'	G-d's decree!	51	1.6	28 V 25 10
גזרת ה'	G-d's decree!	-321	0.8	32 V 8 31
התשובה	The answer / repentance	52	0.6	29 V 28 9
מתשובה	from repentance	33	0.9	30 V 9 20
מתפילה	From prayer	3	2.3	28 V 38 16
שר הלל די צדקה ישע	sings praise (to Hashem); sufficient charity - <b>SALVATION</b>	-104	12	27 V 15 44
<b>16- G-d's awe! They mutate! They excrete in the sweat, urine.</b>				
ורידים ראו התהא ה	Veins see! Hashem causes amazement / awe!	7	10.2	32 V 42 42
לדמ ורידי מיי כולכם כנ	To the blood of my veins. From Hashem you are all. Yes!	3	16.6	24 V 17 22
ולשרוד באו	they came to survive	-30	4.6	25 V 11 19
שינוי לו	it has a change	26	1.8	32 V 15 3
ושינוי	and changes	43	1.5	24 V 3 49
ורידים	veins	3	1.9	24 V 18 1
ורידים	veins	7	1.6	32 V 42 42
ורידים	veins	51	0.7	28 V 33 43
הפרשות	excretes	69	1.2	29 V 13 22
כהפרשות	as excretes	69	2.6	29 V 12 30
בזיעה	in the sweat	2	2.1	32 V 44 30
בזיעה	in the sweat	46	0.7	26 V 3 71
זיעה לו	He / It has sweat (the sick is sweating, the virus is in the sweat)	4	2.6	27 V 9 52
מהל בשתנ	Diluted in the urine	-8	3	29 V 9 30
מת ממי בשתנ בא נבזמ	Died from whom? In the urine came their punishment.	13	13.1	26 V 13 86
מיי טיפול	From Hashem (the) treatment / care	296	3.2	31 V 27 42
חיטוי שי האל	disinfection: a present (from) G-d	953	4.9	26 V 17 45
בא כל מיד ה'	<b>Came all from the hand of Hashem.</b> Or <b>Came Chlamydia</b> (name of <b>bacteria</b> found in some of the dead SARS victims).	204	2.8	28 V 47 35
וקראת אתכם הרעה באחרית הימים כי תעשו את הרע בעיני יהוה	and evil will befall you in the end of days; because ye will do that which is evil in the sight of the LORD	1	1.3	31 V 29 L 51
The ELS reference is 121 characters between rows.				
There are 91 displayed terms in the matrix.				
The matrix starts at <b>Deuteronomy</b> Ch 24 V 12 Letter 19 and ends at <b>Deuteronomy</b> Ch 32 V 42 Letter 22.				
The matrix spans 14762 characters of the surface text.				
The matrix has 122 rows, is 121 columns wide and contains 14762 characters.				

The term NAGIF (virus) in the red border is a four-letter word. It is not very prominent on its own. On the other hand, it appears vertically in the matrix and the four lines tell the story. The story starts at the top right corner, continues on the second line in the middle, and then three more terms one below the other intersect the term NAGIF. The story is 1- With high fever and inflammation; 2- until you will perish; 3- and the virus / smites; 4- is frightening; 5- in the dark.



It is difficult to show clearly the entire matrix. The center of the matrix at a skip of 55 letters between the lines is shown above. The actual skip between the lines is not really important as the entire text is considered from the first term to the last. What is shown clearly in the above matrix is the interplay of the term:

bad health, Hashem is against me **רעת בריאות, ה' בי**

The term "health" or "lungs" shares the letter "taf" with the main term "health". It also shares a letter (yud) with the term:

With the knowledge of China **בידע סינ**

The connection here is that the bad health was first used against China.

Some of the other terms in the matrix above are the year and month the outbreak started, and that the medicine is in Hashem.

### THE HEART OF HEALTH / LUNGS





Term	Translation	Skip	R Factor	Start
האסייתית	The Asian	446	2.6	28 V 11 50
הם וירוס פלא מאתי	They are a wonder virus from Me.	209	10.2	29 V 8 13
וי זיהום	Woe (no!), Infection!	14	2.7	31 V 27 60
מנזלת ים	from a running nose - a sea (of liquid?)	-23	3.3	28 V 62 25
התסמין	The syndrome	43	1.8	28 V 62 53
שום נשימה	no breathing	-63	2.9	31 V 26 50
בידע סינ	With the knowledge of China	4	4.9	28 V 38 5
בסינ הוה	<b>in China disaster</b>	6	3.6	29 V 19 5
בו יטנמ	in Vietnam	-454	1.8	28 V 11 16
תעה אסיה	to deviate from the (moral) path - Asia	9	3.7	29 V 18 56
הכה תירימ	strike down (killed) tourists	30	3.1	25 V 18 51
תוכו תירימ	(you) will get "hit" tourists	-48	4.1	28 V 4 19
למת ימות	die will die!	5	2.7	26 V 17 23
שום נשימה	no breathing	-63	2.9	31 V 26 50
ומסכה	and a mask	1	1.4	27 V 15 19
נא מסכות	Please masks	597	2.1	28 V 37 33
	Air hit you. Oh, a day of truth: a dog bit!	-2	22.0	28 V 10 3
אויר	Air!	-2	5.8	28 V 59 53
אויר יחת נא	Air! He will be terrified please.			
האזנים כנ! מי! הרומש תר לי! העמית לי - לה'	The ears! Yes! from Hashem the "creeping thing" explores / seeks for me! The friend [the virus] is for me, for Hashem.	-31	27.8	31 V 8 18
תר אזנים	explores ears [the virus] {do they listen??}	-73	2.7	31 V 21 70
אזנים בז	Ears scorns / ed	117	3.5	31 V 18 2
או הוללות רעים	(promiscuity) or licentiousness, debauchery, wild behavior are bad	-52	7.2	25 V 3 30
התרופה בו (ה)	The remedy is in Hashem	-55	4.5	28 V 63 12
יי רופא	Hashem is a healer (doctor)	-9	1.7	29 V 24 28
רעת בריאות, ה' בי	bad health, Hashem is against me	-92	7.6	28 V 57 30



## SARS toll tops 100

Tuesday, April 8, 2003 Posted: 3:21 AM EDT (0721 GMT)

HONG KONG, **China** -- The death toll from the **mystery SARS virus** continues to mount with health authorities now reporting 101 fatalities from 2,749 cases

.....**China has been slammed for being too slow to acknowledge the disease and warn its neighbors.....**

After the article above was drafted I got some e-mails:

1- Tuesday, April 08, 2003 9:25 PM [THE EAR CONNECTION](#)  
Dear Moshe,

I read an article today that stated that SARS is a form of the coronavirus. They are doing gene-sequencing on it in hopes of coming up with a cure, but since they haven't yet come up with a cure for the common cold or flu, I wouldn't bet on them.

Maybe the European cure for the flu virus works. You swab out your ears with hydrogen peroxide, which kills the virus in the ear canal and eustachian tubes. The theory which I've read in medical papers, is that the flu virus propagates itself in the ear canal and eustachian tubes and moves down to the throat. So if you catch it early by using a hydrogen peroxide swab in the ears, you eliminate the infection early. Note: I have no medical training, so take the above into account in relation to this advice. :- ) Roy

**Since the terms ear /ears are very prominent in the matrix, I believe that Roy's reference is valid. It also makes good sense to me that the ears that were not listen to, are used as means to punish the individual. See the table above under The ears that do not allow His words to enter will allow the virus to enter!**

2- Tuesday, April 15, 2003 6:29 AM

Dear Cat,

I concur with Roy that you are on solid ground with the "ears" precept. Allow me to append a bit:

In the New Testament, ears are associated with the chastisement (punishment) of YHVH:

"For he who hears, more will be given; but for he who does not hear, even that which he has will be taken away."

The general interpretation of this is that if you harken to the word of G-d and do those things required, then more revelations of truth will be given you. But if you do not, the faith that you have and the revelations of G-d that you have heard will wither and die.

There is also a message that has to do with the shepherds (rabbis and preachers). It has to do with preaching to those who have "itchy ears." What this means is satisfying your flock by telling them what they want to hear (things that comfort them); but not preaching the truth – the genuine word of G-d.

My point:

Your matrix has a goodly number of terms that have to do with the curses of G-d. Well . . . a curse of G-d is chastisement and punishment. Perhaps something could be found if you coded words like "chastisement" and "punishment." And also the word "YHVH" to see his involvement in same. And, of course, snoop for and aft of all. I think this ITCS precept of only valuing a priori hits is one that needs to be thrown in the trash once and for all. I won't speak for Roy; but I would think that he might second this motion. Walt

3- Friday, April 11, 2003 9:10 PM **Promiscuity and wild behavior**

Hi again Moshe,

Had just read your SARS article. In the part where you mentioned its cause was by men. It made me remember an article i read on rapture ready website on April 7 saying that scientists had linked SARS in China to Chlamydia.

Well as you probably know Chlamydia is a Sexually Transmitted Disease which could be seen to be by men because of mankind's increased promiscuity. I have included link to SARS - Chlamydia article from rapture ready if you are interested.

Regards, Genevieve

**Genevieve's reference was confirmed in the matrix. See the table above under 7. Promiscuity and wild behavior are bad, (and the cause)!**

4- Saturday, April 12, 2003 9:47 AM **SARS is not affecting Israel**

Hi Moshe, I was wondering, this SARS is not affecting Israel, it's affecting China. China is not Torah observant. Do you think this is why HaShem is causing this particular plague? Why wouldn't he cause it to happen to the children of Israel who are not keeping Torah? What do you think the connection is? I'm just curious.

Sincerely, Deana

5- Wednesday, April 16, 2003 9:37 PM

Hello I just read the Bible Code Digest article and I had a question. From your standpoint do you believe that only those not following the bible are afflicted or is this a curse against all of mankind?

Thank you, Michelle

**Maybe this is just a warning to the Jews anywhere that they had better repent... Maybe it is a warning to the world. It is documented in the Bible that Hashem punishes not only the Jews for inappropriate**

**behavior. Sodom and Gomorrah is one of many examples. Actually, we do not really know His calculations. We cannot judge His actions, or the victims. Those who read my matrix on Ilan Ramon know that I believe that even a saint can be severely punished for something relatively not that serious for the ordinary man. Sometimes the innocent is a victim because a decree was made in general. There are many other possibilities.**

6- Tuesday, April 15, 2003 2:59 AM [Eat exactly as is indicated by our Creator](#)  
Hello

I know the subject doesn't really indicate this is Bible Code related.

And I hate to take ANY time away from you. But I was wondering if you could direct me to some info on the net that describes the foods in the Torah and why G-D makes many demands such as : "Do not cook a young goat in it's Mother's milk" ...?

What this has to do with our Bible Codes is this SARS business. I'm desperately trying to fight for my own health and so I'm doing my best to eat exactly as is indicated by our Creator.

I so whole heartedly thank you for the extreme measure you go to in diagram to show exactly how the codes are working and the matrix's voice. My faith is greatly increased by your work. May He that holds this world and yes is our Doctor, keep you safe and sound. Love, Robianna

7- Saturday, April 12, 2003 2:36 AM

Despite the panic incited by the outbreak of Severe Acute Respiratory Syndrome (SARS), influenza remains a much greater health risk, killing hundreds of thousands of people around the world each year. So the intent of this comment is to avoid adding additional hype to SARS. However, I reviewed the above story on the same day that looting in Baghdad started, and it was all but obvious that Iraq is finally liberated from Saddam's rule. I was struck with a noticeable parallel in the two most highlighted news stories to date, SARS and Gulf War 2 : both the soldiers in Iraq and the medical workers on SARS have put their own lives at risk for the benefit of others. To lay down one's life for someone else is one of the highest loves one can demonstrate.

The reason I wanted to comment on this , though , is to point out the obvious. One does not send soldiers into battle without adequate preparation. That is a basic strategy of any war. One needs to be prepared. While America has clearly demolished the technologically inferior Iraqi army, a similar strategy in the war against SARS will fail miserably. One can't fight SARS with technology (at least at the current state of medicine as I understand it). It will be an exercise in absolute futility because:

- a. There is no vaccine in the world that will control this disease.
- b. No amount of anti-viral measures will help.
- c. You won't be able to use a surgical mask to prevent acquiring the disease.

The only solution for treating SARS is to proactively activate your immune system. SARS, HIV, Lyme's, Herpes, and many as yet undiscovered infections... these are NOT the problem. They are only the triggers that highlight the weaknesses in our immune armor. The traditional medical view does not understand or appreciate this concept, which is why they are blindly going into the SARS battle without protection. This reminds me of the large number of Iraqi soldiers who are charging columns of our M1 Abrams and Bradleys. It isn't a fair fight and they aren't even considering the bigger picture before charging ahead.

Similarly, these doctors are going in unprepared, and the fact that people are dying is in no way any surprise. This is exactly what can be expected with a deadly viral infection. To expose yourself to this virus when you are ingesting sugar, not sleeping well and under stress is unwise at the most extreme level. The medical workers need to be prepared like the soldiers we send into battle, with appropriate supporting armor of an optimized immune system. An optimized immune system is absolutely more than capable of handling SARS or any other infectious challenge. That is the way God designed us; this is not a design failure. God doesn't make junk. The only reason why SARS is able to kill people is because they have weakened immune systems resulting from:

- a.. A diet that is focused on large amounts of processed foods
- b.. Unresolved emotional stressors
- c.. Inadequate sleep and exercise

I am so personally convinced of this truth that I would have no problem treating patients with SARS because I am absolutely confident this virus is no match for my immune system. Dr. Rich

**To the orthodox Jew, the rules of the Bible are there to be observed and not necessarily be understood. Jews and none Jews found numerous scientific reasons to Biblical laws only in recent history. On the other hand, the Jews followed these rules for thousands of years. Only recently, scientists stated that it is**

not good to mix proteins [say meat and milk...]. We also know that we are what we eat: we want to eat wholesome food. The basics on kosher food are in the Bible itself. If we want to eat kosher food, it is now available in North America in the market and it is marked and certified as such. However, once again that does not solve everything. Allergists will tell you that one's man meat is another man's poison. We may think that we eat well... I fully agree that the strategies listed in the e-mail above make good sense. On the other hand, a healthy soul and a healthy body go hand in hand. If the soul is sick [and you may define yourself what morally sick is – or just look it up in the Bible] He promises that the body will be sick [no matter what food we eat]. In the text where the matrix is found He promises a blessing or a curse. It is our choice.

8- Friday, April 11, 2003 10:58 PM [A warning to the world](#)

Moshe

Thank you for putting time into searching for the SARS curse. Your findings are quite striking. It shows me God has quite a different view on things than man does. We must all warn others of his wrath in disobeying his commands. Chris

**We must all strive to improve ourselves first - as an example. The Bible tells us how. The Bible codes are only one small tool to show that the Bible is Divine. Internet sites contribute in spreading the word. E-mailing the message to your contacts is another tool. I agree. We all can help and we must. If we are not part of the solution, we become part of the problem.**

9- Wednesday, April 16, 2003 8:28 AM [Plague/s](#)

Cat,

Have you tried "plague" or "plagues?" Walt

Then the LORD will make thy **plagues wonderful**, and the plagues of thy seed, even great **plagues**, and of long continuance, and sore **sicknesses**, and of long continuance. Deuteronomy 28/59 **wonderful**. In Hebrew this is also mysterious.....

And the generation to come, your children that shall rise up after you, and the *foreigner that shall come from a far land*, shall say, when they see the **plagues** of that land, and the sicknesses wherewith the LORD hath made it **sick**; Deuteronomy 29/21

Also every **sickness**, and every **plague**, which is not written in the book of this law, them will **the LORD bring upon thee**, until thou be destroyed.

There are plenty of plague/s in the surface text in this matrix. Plagues, curses, sickness, from a far land (China is pronounced in Hebrew SIN - and we know what that means in English...) - and there are more statistically significant terms - IN CHINA - that can be made longer to spell disaster in China... Then there is the long term at skip = 3 about plagues to everyone...

10- Friday, April 18, 2003 12:11 AM [China's gov't does not allow Bible teaching](#)

Sir: I read with great interest about your findings regarding SARS in the Bible Code. I am very interested in the "Code"; however, I am very much a computer novice and do not know Hebrew. Have a code program but I didn't know how to interpret what I found. Then I clicked on the wrong thing and lost it.

I have specific terms to search for and am hoping you might run them in your program. Job/pyramid/obelisk/code key. Temple Mount/Satan (various names)/September 29,2005--or other years out to 2012. My name is Paul Aaron Sneed I mfg. an herbal extract which is effective in treating several types of cancer and is antiviral. Chemical contained is NDGA and derivative currently in tests at Johns Hopkins Univ. against cancer, AIDS and other viruses. Derived from Creosote Bush, perhaps oldest surviving shrub on earth. Might be in the Code. There is a medical treatment, not from NDGA, for SARS--a gift from God. Please email or telephone collect at 1-254-442-4358 or Sprint cellphone 915-829-6843. China's gov't does not allow Bible teaching--illegal. I sincerely hope you will help me with the Code, thanks, Paul Aaron Sneed

11- Monday, April 21, 2003 7:11 AM



Dear Mr Moshe Aharon Shak

I am truly grateful for your response. All I can say is, "Wow!" with regards to the revelation about the blood in the Torah! It seems to me that there could be something here that the Lord is trying to tell us so as to help the victims. Truly, the Lord is good and His mercy endures forever!

I don't quite know what you mean by "keywords". I don't have a mind capable of mathematical deductions (to be honest, I am quite numerically challenged), so I am actually quite lost as to what exactly you need in terms of decoding.....and hence, do not know what else to provide to assist.

I have compiled a list of all possible important/relevant words (in capital letters) related to the visions....I am not sure if these are the "keywords" you are looking for. If so, I certainly hope I haven't left anything out.

PURE OXYGEN

JESUS on the CROSS

(Plague is...) DANGEROUS

(Cure is...) SIMPLE

T-CELLS RISE

WEAKly oxygenated blood

INFECTION in PHLEGM PREVENTS EXCHANGE OF OXYGEN

Warriors LETHARGIC/unable to RISE/IMPOTENT

THE LIFE is IN THE BLOOD

\*WHOLE BLOOD ENRICHED/made POTENT/EMPOWERED with something

WARRIORS in the blood ACTIVATED

Warriors OVERRUN the BATTLEFIELD (phlegm) easily – NO FIGHT

(The strategy for empowering the blood is..)ENHANCED OXYGEN THERAPY

I hope this is helpful. The Lord Bless You Richly. Shalom, Usha

PS "Whole blood" in the vision signified the entire volume of blood (not just the red blood cells). By the way, in the vision, it seemed as if the warriors were alive but lethargic until the empowerment came and then they arose and nothing could stop them!

PPS All the other therapies (Hyperbaric oxygen therapy, Extra Corporeal Membranous Oxygen, Oxidative Therapy, Ozone Therapy) were NOT explicitly part of the visions BUT these came from attempts (searching the internet, speaking with doctors..etc) to make sense of what "enhanced oxygen therapy" could possibly mean. So, these may or may not be accurate interpretations.

12- Monday, April 21, 2003 10:41 PM

Dear Mr Moshe Aharon Shak

Thank you for your email. I am certainly intrigued by all that I am reading. I was wondering if there is a Hebrew equivalent of the word, "oxygen" because from the visions, "oxygen" in the "blood" seems to be the one that activates the "warriors" and hence, their "life" is preserved because the "life is in the blood".

Also, perhaps I ought to make mention of this. In the earlier days (soon after the visions were received in mid March), some "ideas" kept coming to me when I continued praying. I felt the Lord mention that the problem was the healthcare workers were covering their mouths and nose but the virus can be transmitted by the eyes (and other openings like the ears). I checked with two doctors and they confirmed that the eyes are a possibility because they have a mucosal lining...and to make it simple in laymen's terms, one doctor said, "Remember when you used eye drops, sometimes you feel its bitter taste in the back of your throat?" Then, yesterday, I read in the news that a Singapore doctor (NUH) had worn mask and gloves but caught SARS...and then, after that, they have ordered full protective gear including goggles.

So, I am not sure if the "eyes" have any significance in the Codes. Finally, I am amazed at one of the emails mentioning chlymadia...I saw this in prayer as being something bad related to SARS but never knew such a word existed...so, I kept ignoring it. Hope this is useful. I know Hashem has the cure...and it is going to come through His people. Bless You and Your Team! Shalom, Usha

13. Answers to a number of questions on April 27

**1- I am sorry. I did not explain that I use a description (Hashem - or the name) instead of spelling out G-d's name. A religious Jew would avoid using His name in a casual article or daily talk.**

**2- The matrix is defined in the report from where it starts and where it ends in the Bible. If you were (and most people naturally do not) to read that portion of the Bible, you will see that the surface text contains many curses for specific "bad actions". Those curses are His promise vs His promise for blessings for**

"good behavior". It is not a retaliation. It is as if you have a job and if you perform well you get a terrific raise. You goof..... the very least you will not get a promotion...

3- In the Bible, Hashem (you know who I am referring to...) many times warns people to change their ways or else. Sometimes they do and they are ok. Sometimes they do not and they pay the price. In His eyes, the one that truly repents [and improves his ways] is on a higher spiritual level than an ordinary "do gooder".

I take it that in the codes it is similar. BUT I do not claim to be a prophet or that I interpret things correctly. My work is a start where others can check my work, ask questions (like you) make suggestions for research (as some did), etc.

4- Hashem spells out in the Bible what is right and what is wrong. The Jews have 613 obligations. Non Jews have only 7 (seven). The article states two of the obligations: Proper law, and proper sexual relations (the Bible lists who is allowed between a man and specific non relative woman - etc. No male / male; with a beast etc.). There are also obligations not to steal / kill or eat meat from an animal while it is still alive, etc. These days too many people are not obeying the sexual laws (and others). We can explain the consequences of sexual diseases in scientific terms. The consequences, however, are a curse....

Recommended mask types (Tissue or paper, gauze, and cotton aren't very effective):

Protective masks have become ubiquitous in Hong Kong and Singapore, with some unscrupulous street vendors and pharmacies taking advantage of the health panic to price gouge. But which masks offer the best protection? Here's our guide, with ranking from worst to most effective:

- TISSUES OR PAPER MASKS
- GAUZE MASKS
- COTTON MASKS
- **SURGICAL MASKS**
- N95 MASK



#### **SURGICAL MASKS**

The mask of choice for surgeons worldwide. Good, comfortable design and comes in different colors  
COST: 42¢

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#### **N95 MASK**

3M's heavy-duty mask is the cream of the crop for medical staff. Filters out miniscule particles but can be uncomfortable

COST: \$1.40

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