

SEND STUFF TO RUPTURE@HEADFUK.NET

## THE LYMPH MOB

Things which are of the highest significance to optimum human health, both mental and physical, is something which doesn't feature heavily in the traditional school curriculum. People who are in-tune with their own natural feelings, cycles and changes are somewhat marginalised in society whilst blissful ignorance and a reliance on synthetic and mass-produced 'remedies' have become the norm. This is a sad state of affairs to be in, when we don't really understand our own bodies. Very often, a little bit of knowledge can go a long way, when combined with some common sense and a dash of natural intuition.

I might be insulting the intelligence of some readers by asking this question, but it was news to me when I recently read up on it: Did you know that the human body has two circulatory systems?

One carries the blood around your body and the other, the lymphatic system, carries another substance known as lymphatic fluid, or lymph. Your body has 50% more lymphatic fluid than blood and the lymphatic system is responsible for supplying plasma-rich protein to your blood as well as the vital task of carrying away toxins and other debris. Basically this system is your primary defence against bacteria, viruses and fungus and is the basis of your immune system.

Continued on the inside...

## The Vortex Social Centre

The Vortex Jazz Bar in Stoke Newington's Church Street, famous for its vibrant music scene and a venue popular in the local community, was occupied by local activists on the 6th January. In its new incarnation as a social centre, the building has once again been filled with the voices of the community. Already happening are busy café nights, cinema and jazz nights, exhibition space, a parent/baby group and regular benefits.

The development plan for the old Vortex, by notorious landlord Richard Midda, is to make way for a Starbucks with luxury apartments above. This planned development highlights once more the continued erosion of the 'the Street' as community space soon to be identifiable only from one corporate logo to the next. A court proceeding against the occupation took place on the 24th Jan to take repossession of the building, with an unlawful eviction attempt by Midda and private baliffs on the 26th Jan. This was repelled by activists with the help of local people. The occupation of the Vortex continues, but the threat of eviction is still imminent.

Show your support by visting the centre at 139-141 Stoke Newington Church Street, London N16.

Details of events there can be found at: [www.londonsocialcentre.org.uk](http://www.londonsocialcentre.org.uk)

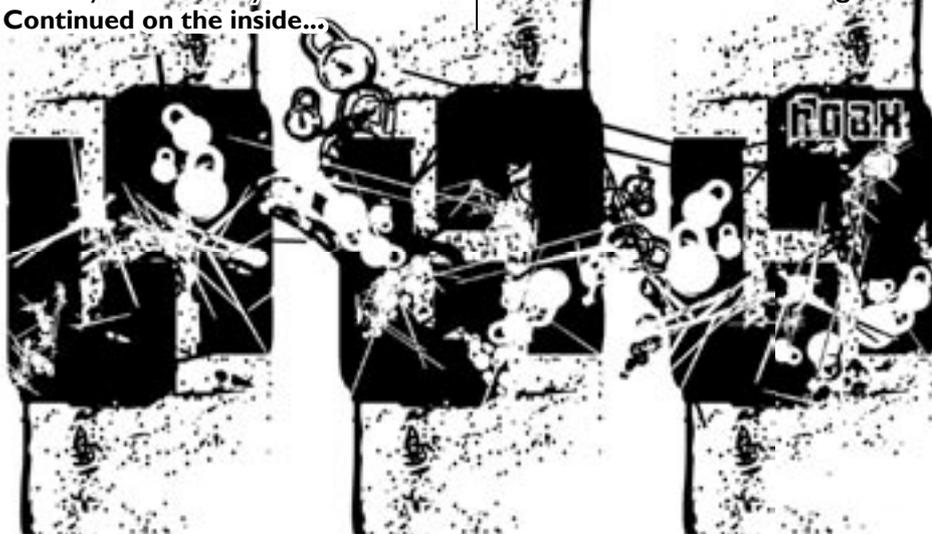
## HOW TO RE-CREATE THAT TEKNIVAL EXPERIENCE

IN THE SAFETY OF YOUR OWN HOME, USING MYSFACE

Now that we are in deep mid-winter, you're probably all missing the fun and fear of the summer Teknivals, where many of us first met each other in REAL LIFE!

Yes, that certainly seems a long way away, as we gaze at all these rather sad pages of ravers and sound systems in the virtual social arena of Murdoch's MySpace... But! I accidentally chanced upon a way to simulate that feeling of confusion and uncertainty that we all love about Teknivals.

All you need to do is: 1) take some drugs – preferably a cocktail of them. 2) search through your 'Friends' list, and find at least 7 who are playing some kind of 'rave' music (preferably 'HardTek') on their page, and 1 or 2 who are playing some reggae/hiphop. 3) now open up all of their pages at the same time, with all of their music playing at once, and connect your computer to your hi-fi (if it isn't already). 4) take twice as many drugs as you did in Step 1. 5) now get your wife or servant to turn the lights in your room on and off really quickly. 6) now ask a REAL friend (who's in the room with you) to try and steal the wallet from your pocket, and shout abuse at you. 7) keep on doing this for several days without eating or drinking any water, repeating steps 1) & 4) continuously until you finally stab your friend, wife, servant, or yourself to death (injuries don't count). Crazy – but it works!



### RUPTURE IS NOW ONLINE

We can send you a screen version in PDF format (a free reader can be downloaded from [adobe.com](http://adobe.com))

Email [rupture@headfuk.net](mailto:rupture@headfuk.net) and tell us you want on the list. For those that can help copy and distribute issues of Rupture ask us to send you high-res print versions of the PDFs.

### Continued from the front...

Most chronic disease problems occur at the junction of lymph vessels called lymph nodes. Lymph vessels do not have a central pump, the way arteries have the pumping action of the heart. Lymph vessels are called to action, to transport lymph fluid, by direct stimulation to vessels in the form of stretching. Inactivity, especially when ill, leads to the lymph being static and therefore not performing its vital detoxification duties.

Lymph Drainage Therapy is a hands-on system developed by French physician Bruno Chikly to facilitate optimal lymphatic circulation. Lymph drainage is a very gentle form of massage which increases and accelerates the flow of lymph. This in turn leads to the increase and acceleration of toxins being removed from body tissues and eliminated by the white blood cells in the lymph nodes. It also increases the chance of an invading virus being found and a quicker release of antibodies. By stimulating the lymph system you also improve the efficiency of nutrients being broken down and transported for use round the body. Lymph is naturally pushed through the system by movement such as walking, standing, deep breathing and vigorous exercise. It is not pumped around the body like the blood, it relies on the contraction of muscles around it to move it through. For the more self-conscious of you, lymphatic drainage can also be used to reduce swelling (particularly of the face). Cellulite is primarily blocked lymphatic fluid.

One form of lymph drainage is dry skin brushing. This is an easy way to encourage lymph drainage in the body, and so eliminate toxins. It stimulates movement of fluids and breaks down congestion in

areas where lymph flows sluggishly and toxins gather. It's probably best done in the shower, before you turn on the water. Using a soft, natural bristle brush, work it over your body in long, sweeping movements. Always work towards your heart. Start at the soles of your feet and work up your legs. Brush your arms and torso, then your abdomen with clockwise strokes. Now stroke your back. When you start, keep the pressure relatively gentle until your body becomes used to it. You don't have to use a brush, but it can help you achieve the correct amount of pressure.

In order to perform lymph drainage correctly it is necessary to bear in mind that lymph flows much slower than blood, so it is therefore of the utmost importance to slow down the rhythm of the massage, performing the movements as if in slow motion. Not adhering to this one fundamental rule significantly compromises the effects of the treatment and one risks causing the lymph to slow down further. As a general rule lymph drainage should be performed with 1/4 ounce of pressure. The lymph needs to be gently moved towards the nodes, which carry out the detoxification.

This article can't really give you the knack for performing lymphatic drainage on yourself, but is more to make you aware that the next time you feel run down, or your glands are swollen and you have a sore throat or ears, there is something you can do to fix it yourself. It's your body and it's probably about time you got to know how to maintain it. Maybe one day, this kind of information will be commonplace again.

**Check out [www.massagenerd.com](http://www.massagenerd.com) for proper diagrams and charts.**

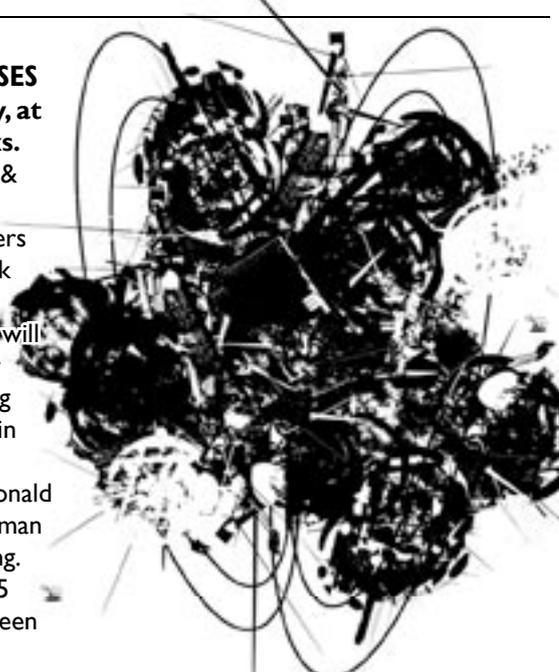
### PHOTOGRAPHY/DARKROOM CLASSES

**Starting Wednesday 21 February, at 7pm and classes run for 12 weeks.**

You will learn the processes of black & white photography and printing. It's a must for all you budding photographers out there. Even if you choose to work in digital, there's nothing quite like understanding where it all began and will prove to give an artistic edge to your work... and believe me, there's nothing quite like seeing your prints develop in the tray.

The classes are run by Hugh Macdonald who is an absolute genius. What this man doesn't know, just isn't worth knowing.

There is a suggested donation of £5 per class. 491 Gallery, 491 Grove Green Road, Leytonstone, London E11



## VINYL REVIEWS

### Bong Ra + Enduser – The Kill

[Ad Noiseam]

Another in the line of non-collaborations that get you all excited until you realise it's just a split release. Bong Ra gets you shouting 'Gabba!!' with some minimal rave-horn hardcore whilst Enduser is in a nasty mood with some noisy d'n'b shit.

### Bong Ra – Sick Sick Sick

[Ad Noiseam]

This time you can't help but shouting 'Rock!!' as Mister Ra drops geetah riffs like there's no tomorrow into amen double-speed-metal drum edits. Wicked.

### Duran Duran Duran – Blow Job

[Mutant Sniper]

It's one of those cunts who thinks it's dead funny copying some crap-cunt-from-the-past's name. The joke supposedly being that they instead make abrasive, horrible frequencies and chop the shit out of beats in an attempt to make you dance like a 'jam fool till your feet are just a blurry flurry. So if you the sound of that check this latest on Peace Off's militant audio sub-label.

### Limewax – Scars on the Horizon

[Tech Freak]

Finally, a straight-up drum'n'bass album that's proper sick. The tracks on here get kaned loads at the Therapy Sessions nights and could easily bring a messy breakcore set back to the dancefloor.

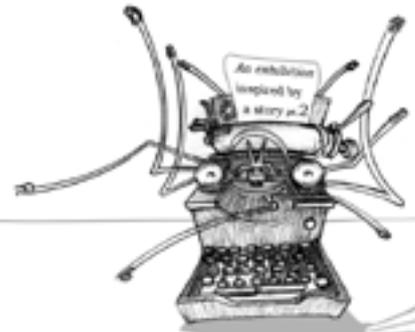
## STRAY CINEMA

Stray Cinema is an open source film. It is an experiment that combines filmmaking with online information sharing. We have shot a film and put the raw footage on this website, so you can download it and make your own version of the film!

We would love you to submit a two minute segment of the film you wish to make with our footage onto this website to be included in our competition. We challenge you to make a better cut of the film than we do.

Your film will be voted on by our online community, and the top five films will debut at our London screening. Additional to this your film submission may be chosen to feature in the Stray Cinema film festival cut. This will be a film that edits together 30 film submissions. Stray Cinema will send this film out to all major film festivals around the world.

We are currently looking for someone to shoot the footage for Stray Cinema 2008. If you are interested, then please contact us! [www.straycinema.com](http://www.straycinema.com)



## THE PLOT THICKENS 2

The Plot Thickens is an exhibition based on a story. **The deadline for story submissions is 28 February!**

There is a 1000 word limit and all material has to be original. Send submissions to: [theplothickens@free.fr](mailto:theplothickens@free.fr)  
[www.theplothickens.org](http://www.theplothickens.org)

### There's Magic In Our Family

I've got the inspiration,  
I've got the inclination,  
Escape my affliction,  
And use this creation,  
I'm full of elation,  
Got right out of the station,  
I'm going to go places far,  
Push forward the passion,  
My soul is on fire!  
And the boundaries I smash in,  
Could this be the make or break?  
I'm sick to death of this bloody heartache,  
I've got an explosion of ideas and dreams,  
It's too much to handle,  
Falling apart at the seams,  
But now I am strong I can keep it together,  
My passion is burning,  
It will be there forever,  
The tinder is music,  
There's a magical spark,  
We're pushing it forward,  
Light comes out of dark,  
I must pull together the forces of my head and my heart,  
Like a river that's flowing,  
Like a waterfall crashing,  
An unstoppable force,  
Through to the future I'm splashing,  
Up to the surface and into the light,  
I want this so much,  
I'm prepared to fight,  
We are the future,  
We come from the past,  
This will never burn out,  
It will last and last,  
It's important and vital,  
It's a script with no title,  
It gets brighter and brighter with every recital,  
Further in and further up!  
Further on and further in!  
The start of this adventure,  
Is just yet to begin.....

### The Party

Thousands upon thousands of bubbles float through the room, colliding and popping on the heads of extravagantly decorated dancers, gusting gently above them in the breeze; but the men and women coiling around each other in time to the rhythmic thump of the beat are too preoccupied to notice the bubbles gliding past. Some have their eyes shut and others smile. You take another glance around and the mirrored walls only serve to magnify the decadence of the scene, someone brushes against your thigh. When you turn they are gone. You feel a breath on your neck, now she is whispering into your ear some words you can scarcely make out. Did she say there is nitrous oxide in the air conditioning? At first you can smell only her musky perfume, but certainly the atmosphere is heavy, pregnant with expectation, pungent with incense, devil weed, jasmine, other strange eastern odours whose names hang insistently on the tip of your tongue, just out of reach. Suddenly in the corner of the room, there is a commotion.

Animal yells of pleasure or of pain, possibly both. You see peacock feathers waving above the heads of the crowd and more bubbles cascading down from the ceiling, you push towards where the noise is loudest. Sweaty bodies press against you on all sides and light hands sweep across your crotch. The music seems to be quicker now, the relentless drumming augmented with a tinkling melody which drills into your brain. A sudden silence, then the thump starts again, faster than ever. Dancers catch themselves standing still, shake their heads with a glimmer of a smile and rotate their hips in outrageous gyrations, arms waving above their heads.

Up ahead is a mass of limbs, it's getting difficult to pass and reluctantly you can feel your inhibitions being shed. You start to press a little back against these lithe, athletic bodies. On the left is a massive speaker, towering above you, twice your height, pumping out the irresistibly funky beat. Out of the corner of your eye, just for a second, you see it oozing the mood. Before your brain can begin to process what that means, two midgets have attached themselves to your legs and begin to pump them up and down. You want to fight but it seems so much easier to give up, give in. Then you think of the cardinal's warning and with a wrench wipe the smile of your face.

The midgets know they are beaten for now but then a trapeze artiste in a dazzling emerald jumpsuit swings down from nowhere and whisks you off over the dancefloor. The people below reach up and you trail your fingers over their outstretched palms. Free. You cannot help but smile, the music is inside you now.

The orders seem from another world, one that is dead and forgotten. Here is life, energy, dance, movement. You are still swinging across the room and suddenly you notice the mood man standing over to one side, innocuous, wires coming out of his head. His face is crinkled with concentration, sweat beads on his forehead and glistens in the strobe. For a moment, there is a small frown and imperceptibly the music starts to change, its getting louder and an addictive squiggle worms up from the mix. What's so wrong with a dance anyway? A tribal tom-tom beat thuds to your stomach. You throb with the music, its like a reflex.

The crowd bobs rhythmically, a sea of heads connected by invisible nets. Fishing for what?

## CRITICAL MASS

### Non-motorised wheeled protesting

**London** – meets 6.30pm on the last Friday of every month on the South Bank under Waterloo Bridge, by the National Film Theatre.

[www.criticalmasslondon.org.uk...](http://www.criticalmasslondon.org.uk...)

**Manchester** – meets 6pm on the last Friday of every month at Central Library, Manchester: [velorution.x21](http://velorution.x21).

[org.uk...](http://org.uk...) **Brighton** – meets 6pm on the last Friday of every month at the Level (BN2 3FX). [groups.yahoo.com/group/criticalmassbrighton/...](http://groups.yahoo.com/group/criticalmassbrighton/...)

**Nottingham** – 5.30pm on the last Friday of every month meets at the Savoy cinema on Derby Road in Lenton. [www.veggies.org.uk/arc/event.php?ref=213...](http://www.veggies.org.uk/arc/event.php?ref=213...)

**Oxford** – meet 5.45pm on the last Friday of every month at the Cornmarket end of Broad Street

outside The Oxford Story, leaving around 6-ish. [www.myspace.com/oxfordcriticalmass...](http://www.myspace.com/oxfordcriticalmass...) **Reading** – meets 5.30pm on the last Friday in each month, starting in front of Reading Town Hall. [www.criticalmassreading.info...](http://www.criticalmassreading.info...) **Cambridge** – meets 6.30pm on the last Friday of the month at Market Square. To confirm see: [criticalmass.cambridgeaction.net](http://criticalmass.cambridgeaction.net)

## PARTIES @ R + RADIO @ P R @ + E S + ...

14.02.07

### BLOOD LUST FILM NIGHT

Films featuring tragic romance plus a dollop of horror and food – an evening of sustenance.

[www.randomartists.org](http://www.randomartists.org)

15.02.07

### PLUMMET

Live Breakcore/Jungle/Gabba/Drum N Bass/Mash Up

£5 Entry. 10pm – 3am

Timbuk2, 22 Small Street, Bristol,

16.02.07

### DECIBEL BREACH

NFA, ILL fm, Red Zero Radio and Adverse Camber combine to make a series of fundraisers for cash-strapped Resonance FM.

10pm – 6am. £5 entry. Vertigo, 485 Grove Green Road, London E11

Lineup + info: [www.dbreach.fm](http://www.dbreach.fm)

17.02.07

### DEAD SILENCE / UGLYFUNK

Electro breaks and wonky tek.

The Red Star, 305 Camberwell Road, London SE5

[www.uglyfunk.com](http://www.uglyfunk.com)

17.02.07

### GENER8R

Another allnighter in four rooms with big sound system linkups and no sound restrictions!

Lakota, Upper York St, Bristol

23.02.07

### LIVE EVIL LONDON

Hardcore, just like your mum used to make. 10pm – 6am.

Electrowerkz, Torrens St, N1

[www.liveevilondon.co.uk](http://www.liveevilondon.co.uk)

24.02.07

### NFA / HEADFUK

#### BENEFIT PARTY

Music from NFA and Headfuk in aid of TAA art exhibitions and the Random Artists trip to Prague.

Seriously sick central London venue. From 10pm:

07092 350834 / 07092 812259

24.02.07

### UNDER KONSTRUCTION

Hardtek, Drum n Bass, Techno

Secret East London venue

[www.myspace.com/underkonstruction23](http://www.myspace.com/underkonstruction23)

03.03.07

### BRAINDROP

4 deck turntablist electro-filth drum & breaks mash up. £3 b4

9pm, £5 after: 7pm – 3am. The

Purple Turtle, Crowndale Road, London NW1

03.03.07

### COIN OPERATED +

#### CLUB NEUROTICA

White Post Lane, London E9

£6 entry. 11pm – late

Infoline: 07786 372110

03.03.07

### DISSIDENT

Drum n bass special.

Clockwork, Stokes Croft, Bristol

10pm – 6am. £8/£7 NUS or b411

16.03.07

### NO FIXED ABODE

NFA ditch the 'slow' stuff for 2 rooms of breakcore, spaz-core and uber-glitch with ill FM hosting the back room. 10pm – 6am. £5 entry. White Post Centre, White Post Lane, London E9

[www.nofixedabode.info](http://www.nofixedabode.info)

16.03.07

### NO REST FOR THE WICKED

Live drum'n'bass. £6/8 entry

The Rhythm Factory, Whitechapel Road, London [www.nrftw.com](http://www.nrftw.com)

17.03.07

### BASHOUT

10pm – 5am. £5 b4 11, £6 after.

The Black Swan, Stapleton Road,

Bristol [www.bashout.org](http://www.bashout.org)

17 – 21.03.07

### DRAGON FESTIVAL

Near Orgiva, South Spain

[www.dragon-festival.com](http://www.dragon-festival.com)

31.03.07

### RECLAIM THE FUTURE IV

All-day event in a self-organised space, with workshops, cafe, cinema, music, performance and gallery. [rts.gn.apc.org](http://rts.gn.apc.org)

31.03.07

### SUBLIMINAL DISCHARGE

Hardcore/breakcore.

Deep Blue (SEone), Weston St, London Bridge, SE1. £10 b4 12pm, £13 after Time: 10pm – 6am

## PARTIES + EVENTS

[www.headfuk.net](http://www.headfuk.net)

[www.nofixedabode.info](http://www.nofixedabode.info)

[www.dissident-faction.co.uk](http://www.dissident-faction.co.uk)

[www.pitchless.org](http://www.pitchless.org)

[www.ketwork32.com](http://www.ketwork32.com)

[www.squatjuice.com](http://www.squatjuice.com)

[www.crossbones.co.uk](http://www.crossbones.co.uk)

[www.partyvibe.com](http://www.partyvibe.com)

[www.hekate.co.uk](http://www.hekate.co.uk)

[www.tribeofmunt.co.uk](http://www.tribeofmunt.co.uk)

[www.clubneurotica.com](http://www.clubneurotica.com)

[www.ragandbonerecords.co.uk](http://www.ragandbonerecords.co.uk)

[www.disjunkt.net](http://www.disjunkt.net)

[www.uglyfunk.com](http://www.uglyfunk.com)

[come.to/shockraver](http://come.to/shockraver)

[www.dayliterobbery.org](http://www.dayliterobbery.org)

[www.rif23.org](http://www.rif23.org)

## ART + MEDIA + THE REST

[www.taaexhibitions.org](http://www.taaexhibitions.org)

[www.randomartists.org](http://www.randomartists.org)

[www.network23.org.uk](http://www.network23.org.uk)

[www.resonancefm.com](http://www.resonancefm.com)

[www.dbreach.fm](http://www.dbreach.fm)

[c8.com](http://c8.com)

[www.indymedia.org.uk](http://www.indymedia.org.uk)

[schnews.org.uk](http://schnews.org.uk)

[www.eroding.org.uk](http://www.eroding.org.uk)

[www.squatter.org.uk](http://www.squatter.org.uk)

[www.riseup.net](http://www.riseup.net)

[www.56a.org.uk](http://www.56a.org.uk)

[libcom.org](http://libcom.org)

[en.wikipedia.org](http://en.wikipedia.org)

[www.myspace.com](http://www.myspace.com)

[www.braindamageradio.com](http://www.braindamageradio.com)

[www.dirtysquatters.com](http://www.dirtysquatters.com)

## PARTYLINES

**NFA** 07092 812259

**Hekate** 07092 017667

**Pitchless** 07946 839775

**Ill Eagle** 07780 986765

**Abacus** 07974 892670

**FUBAR** 07984 199768

**Disjunkt** 07835 175534

**Malfauteurs** 020 7644 5179

**HDFK** 07092 230023

**PRANK** 07870 827511

**Unsound** 07946 466573

**Club**

**Neurotica** 07788 856941

If you run any of the above infolines please put the date on your messages so that people don't travel to find an empty building!