

The Gold Star Journal
2017



Dockside Thru the Lens by Brooks DeVore

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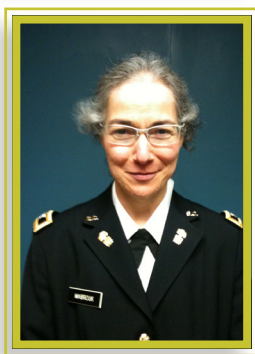
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The Gold Star Journal. Thank you.*

A Letter From the Editors

The pride we take in *The Gold Star Journal* is a direct reflection of the time and energy that our authors have invested within these pages. A critical lens of subtlety is involved when one hones the pieces of what makes something remarkable, while remaining mindful to not alter the substance with which made it remarkable originally, the individual temperament of the artist. The talent of these scholars is evidenced by the depth of knowledge and array of topics that their papers comprise. The authors and photographers you will encounter in this issue channeled their passions and interests into this medium, and we can only endeavor to showcase their work in hopes that the scrutiny and tuning involved will produce a work that will resonate with the reader the way it resonated with us.

Monica Paulk, winner of “Best Undergraduate Paper,” analyzes the rise and integration of Chinese Muslims. Todd Truesdale, who won our award for “Best Overall Paper,” tells of the effect of extractive institutions in society, specifically the Arab Spring. Grey Klosinski discusses the ethics involved in the research done using Henrietta Lacks’ cells without consent. Benjamin McCall examines the evolution of asthma research and new possible causes. John Reynolds presents the Russian annexation of Crimea and its fallout in the intelligence community. Picking up from Crimea, John Cordes investigates the ways of Israeli Counterterrorism. Jumping back, Luke Baker examines Pizzaro’s conquest of the Inca. Finally, Jason Kline considers the unique group within Viking culture; the Berserkers, and how they were able to gain their reputation as fierce warriors.

Recognition and appreciation are also due to Karl Mack of the Sun Printing Co. for his continued help printing the journal, and to John Whitten of Citadel ITS for his assistance and expertise in developing the design of this year’s edition. The generosity and loyalty of our donors has earned our undying gratitude and recognition, without whose help this publication would not be possible. A profound thank you goes out to our readership, whose feedback and support are critical to our success.

Finally, we would like to recognize our faculty advisor Dr. Mabrouk for her tireless patience and invaluable advisement in each year’s *Gold Star Journal*. Her dedication to the journal from its inception throughout its twenty-one years in existence has seen the faces of numerous editors and authors grace the pages and office of the journal, while her constancy, attention to detail, and above all, her care, will resonate with everyone whom her mentorship has touched, and undoubtedly with the editors and authors of tomorrow’s journal for years to come.

Lauren Seedor, Editor-in-Chief
John Clark, Editor
Grant N. Miller, Editor

Matthew Lanetti, Editor
Hunter Crawley, Editor

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A Journey: From Being Muslims in China to Becoming Chinese Muslims

By Monica Paulk



Monica Paulk, from Papa Company, is a junior History and Political Science major. She has received Dean's List and Gold Stars for the past five semesters. She is the president of the Chinese club. An Army contract,

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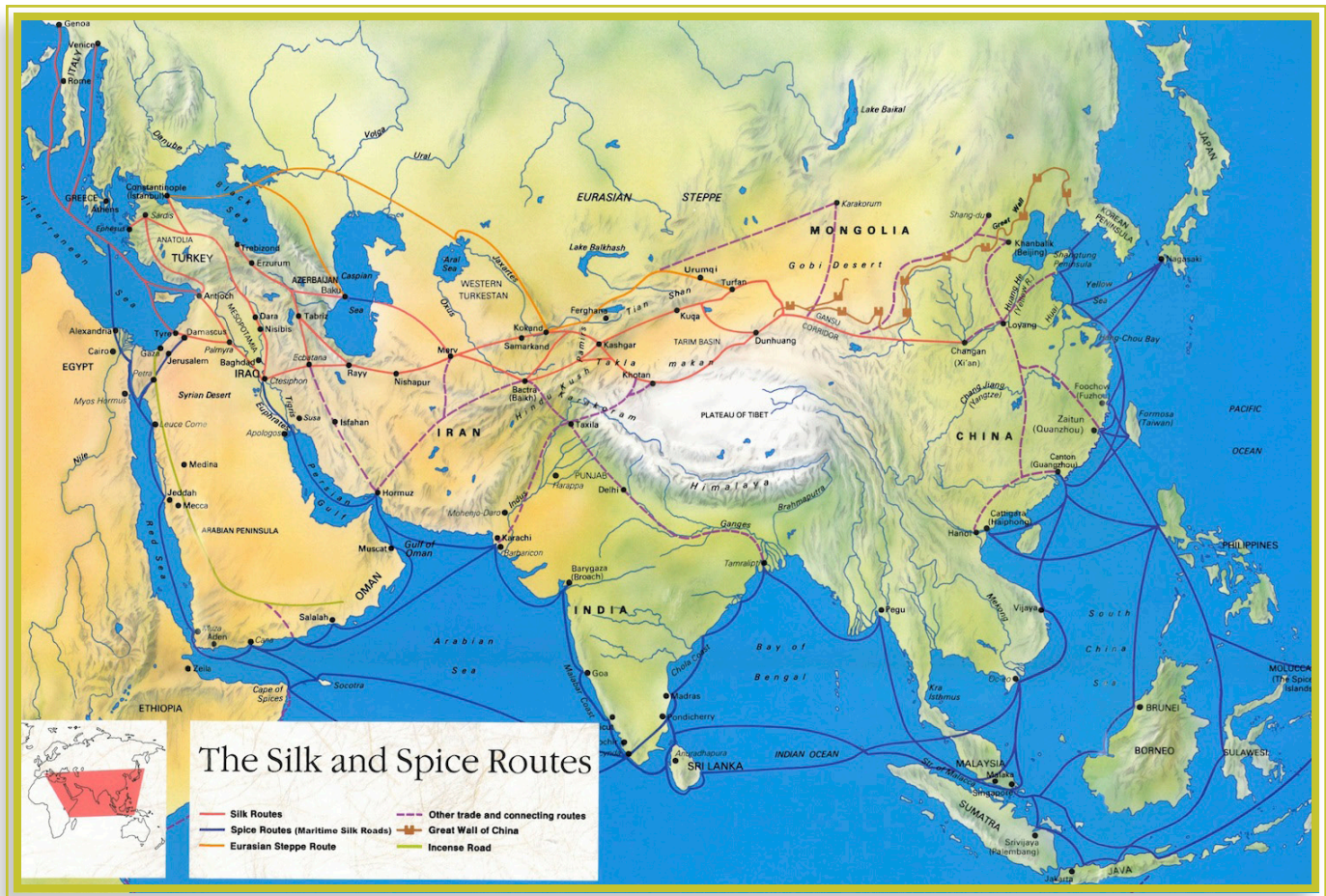
ABSTRACT

This paper addresses the transition and assimilation of Muslims into China during the 7th to 14th centuries. They first came as merchants and throughout the centuries they expanded their roles in society to soldier, politician, and explorer. Currently both China and the Middle East are major areas of interest. By knowing their past, and more importantly their past interactions, it is easier to understand their current actions and relationships.

INTRODUCTION

The mid-seventh-century was a period of grandeur and opulence for both the Islamic and Chinese worlds. By the 650s, the Islamic empire had secularly established itself with its defeat of the Byzantine and Persian empires and was continuing its expansion. On the other side of the continent, the Tang Dynasty (618-907) was at its height; economically, intellectually, and even artistically their people prospered under a tolerant and safe emperor. The expansion of both empires and reopening of the Silk Road brought these two cultures into contact. The Islamic interaction with China was different than their previous interactions with other countries; there was not an immense war waged in an attempt to conquer China and the diplomacy conducted between the two nations was held between equals. At first, political relations between the two governments were scares. Trade along the Silk Road and by sea was the main opportunity for communication between the two cultures. Even though the fundamental philosophies that defined the two empires were polar opposites, Muslims were able to establish themselves not only within bustling trade cities but also in positions of government. Islam's early interaction with China was not limited to trade alone; although not necessarily religious, it played a role in affecting the social, political, and economic structure of China from the Tang through the early Ming dynasties. Accompanying these changes was a transition in national identity from Muslims living in China to Chinese Muslims.

Islam and China are two intriguing nations with histories full of prosperity. Both have developed strong cultures that are remarkably distinctive and the concept of the two mixing is difficult to grasp. In contrast to



Silk and Spice Routes in Asia and the Middle East¹¹

Western Christians, the two Eastern super powers during this time period were extremely aware of one another's presence and were already in contact; the first Islamic embassy was sent to China in 651. Given the vastness of the early Islamic Empire and the extensive trade into China, it would be more surprising if the two cultures had managed to remain ignorant of one another. It is written in the Hadith that Muhammad instructed Muslims to "seek knowledge as far as China." This was not an appeal to journey to China, but it does ascertain that China's existence was known in the Arab world. However, China was more than aware of the ever-expanding Arab empire slowly encroaching on their western lands. Though China may have gained a reputation of isolation and xenophobia during their modern

history, fifteen hundred years ago, their borders were open and they possessed plenty of knowledge on the world around them.

ORIGINS OF THE SILK ROAD

The Silk Road stretched from the Mediterranean Sea all the way to China. The first contact between the Chinese and Muslims was most assuredly along the Silk Road's land and maritime trading routes. There were more than goods being traded along this road; there was also an exchange of art, religion, inventions, and culture. Hun Emperor Wu Di officially established these blossoming routes through diplomacy and by allying himself with Central Asian neighbors to drive away nomadic looter. This created a strong interdependence

with the Chinese empire so that when the Han dynasty fell (220 CE), trade along the Silk Road ceased. It was not until the Tang dynasty, under the rule of Gaozu (618-628), that trade continued to bustle once again. Accompanying this event was the rise of Islam, which soon found its way along the infamous trading network. As trade flourished, the Muslim population in trading outposts and port cities along China grew along with their influence.



Painting of a battle between the Mongols and the Chinese²

POLITICAL AND SOCIAL INTERACTIONS

The golden age of China lies within the ruling period of the Tang. The dynasty's wealth and prosperity, along with a large consumer population, enticed an influx of foreign traders. With an extensive history and significant cultural achievements, the Chinese people regarded their nation with a mindset of chauvinistic pride. In the bustling port cities of Canton (modern day Guangzhou) and Zaitun there were numerous foreign merchants not only sailing in and out, but also holding permanent residence. Within these cities the Tang preserved an uncanny balance between acceptance and segregation. The Tung Tien (Compendium of Tang laws and institutions), written in 812 by Tu Yu, outlines the limits of China's acceptance. The Chinese people were not allowed to practice these religions; if they did "it must be quickly suppressed." However,

because Islam is a "native Hsi-hu (western) religions, (their followers) should be allowed personally to carry out their religion without punishment. " There was an acceptance of different beliefs as long as the individual with them did not entice native people into converting. The pride the Tang dynasty had in in being Chinese caused them to be advocates against absorbing outsiders into their culture in fear that by doing so would cause Chinese

culture to become impure. Several edicts of this time period attempted to keep contact between natives and foreigners solely within the capacity of government officials. These edicts banned intermarriage and prohibited foreigners from wearing native style of clothing. The later edict of 836 went as far as "forcing foreigners to live in separate quarters and (forbid) foreign establishment of lands or mansions". The metaphorical wall the Chinese placed between themselves and foreigners was as difficult to cross as the literal one built in 206 BCE. There was only a small fraction of Muslims during this period that managed to break the barrier between outsiders and natives. The foreigners who did so were the cause of great controversy.

One of these rare Muslim men was Li Yen-Sheng. In 847, a military governor recommended him to work as an official at the palace. Li Yen-Sheng passed the civil service exam and attained a position at the highest level. This unprecedented event sparked the

disapproval of many Chinese men and aroused questions on what it meant to be Chinese. In response to this upheaval the small-time but intelligent scholar Chen An wrote the book *The Heart of Being A Hua* (Chinese). He argued that the “distinction between Hua and barbarian rests in the heart and is determined by their different inclinations”. This philosophy diverges from the mainstream nationalistic belief that a great Chinese person is born and proposes that if one does not demonstrate actions becoming of a Chinese citizen, then, regardless of his origins, he is not Chinese. Chen An’s notion is a more inclusive definition of nationality; yet, in the same manner his view boasts of the superiority of Chinese culture by excluding anyone who does not adhere to a high moral code. This concept closely follows the philosophies on nationalism of later dynasties. Yi Yen-Sheng’ might have been a Muslim, but he demonstrated qualities that were deserving enough to be considered Chinese during an age where birth alone determined one’s quality. Although this event disturbed the established equilibrium of accepted, but separate, true assimilation would not occur until the Ming dynasty.

In accordance with the Tang custom of separation, the king would appoint foreigners as a type of liaison between their people and Chinese law. The job of these leaders was to settle any disputes within their population; most of these men were located in Canton. Suleiman, an Arab traveling through China, writes that the role of the Muslim leader was not only to “settle cases arising between Muslims,” but also to “lead Muslims in prayer, deliver the sermon, and to pray for the sultan

of the Muslims.” He also writes that the chosen Muslim leader was a just and pious man. This political decision had more impact than simply keeping with the tradition of separation. By appointing a leader for the foreign populations, the Chinese emperor decreased the probability that outside groups would cause trouble. This also assured that if a foreigner did commit a crime their punishment would be in agreement with their law.

Relations between the Muslims and Chinese during the Song dynasty were very much a continuation of the Tang dynasty.

Maritime trade progressed and several new ports developed, abolishing Canton’s monopoly on trade. This flourish caused many Muslims to become exceedingly rich. Even though the laws enforcing separation between Chinese and non-

Chinese people persisted, as Muslim influence increased their magnitude diminished. Donald Leslie writes that there was an expansion of trade office during the Song with the position of trade commissioners “mostly in the hands of the Arabs and other Muslims”. This occurrence was, in all possibility, a result from an increase of Muslim presence in trade within the Southern Asian region and their expanding importance in Chinese port cities. Their growing authority is illustrated with the fact that Muslims escorted much of the tribute that flowed into China from Vietnam, Indonesia, and other countries. This, along with other events, is evidence of a slow transition towards assimilation occurring on the social level.

The laws pertaining to foreigners had not changed during the Song dynasty. Trade had amplified, but regulations promoting

“As Muslim role in trade expanded and more began to obtain governmental roles, questions of national identity continued to plague the social dynamic.”

separation were still in place. Affairs such as owning slaves, intermarriage, and residing within the city walls were still illegal. The Arab Muslim Marvazi's account on China states that when a drum is beaten "at sunset each party [Muslim and Chinese] retires to [their] own place,". Yet, there is an abundance of evidence that suggests the dynamic may have been slightly different. In a Yuan dynasty account on events of the Song dynasty, a wealthy Muslim merchant with the surname Pu "took up his permanent residence...inside the city". Another Muslim by the name Pu Shougeng was a trade commissioner in Chin-Chu and the governor-general of Fujian province. He played a major military role during the Mongol invasion in 1276 (which is explained in detail in a later section). As Muslim role in trade expanded and more began to obtain governmental roles, questions of national identity continued to plague the social dynamic.

Unlike the Tang, these questions took on different form. Instead of a few scholars, like Chen An, questioning what made a person Chinese, there were a few officials questioning the very laws that regulated foreigners. In 1150 Wang Ta-Yu, the governor of Chin-Chu, expressed his discontent with the practice of punishing foreigners in accordance with their laws. The Sung-Shi record of his dissatisfaction states the following, "why should the Middle Kingdom adopt the barbarian custom...he [the criminal] should be tried according to our laws." This perspective is most likely only a representation of the opinion of the minority.

Yet, his words are a reminder that the notions of sinocentrism continued to resonate defiantly during this period. Officially there were not many drastic changes from the Tang to the Song dynasty in relation to outsiders. Policies concerning foreigners remained unchanged while trade and embassies grew more frequent. The subtle transition of Muslim integration into cities and politics would progress under the Yuan rule.

The Yuan dynasty (1271-1368) marked a shift in foreign relations from the Tang-Song policy of "relative isolation of 'non-Chinese' Muslims" to their increasingly prominent function in governmental and economic affairs. During the first half of the Yuan dynasty Muslims enjoyed many benefits including

tax exemptions, promotions to high positions (some rose as high as Director of Political affairs), and even colleges created specifically for Muslim students. Though the height of Islamic expansion had started to fade by the establishment of Yuan rule, Muslims still carried a lot of influence in China and Southern

"The Yuan dynasty (1271-1368) marked a shift in foreign relations from the Tang-Song policy of 'relative isolation of 'non-Chinese' Muslims' to their increasingly prominent function in governmental and economic affairs."

Asia. The Mongols were not capable of running the administrative division of their conquered nations. Therefore, they would typically leave the natives in those positions. In China, however, they used non-Chinese men (who were usually Muslim) from different regions to handle bureaucratic matters in place of the Chinese. This was due to the Mongols' grave disdain towards the Chinese. Additionally, the "sophisticated diplomatic skills and...military engineering techniques" Muslims possessed

made them an imperative asset to the Mongols. Furthermore, they put ortoq merchants in charge of tax collection, a job, which they greatly exploited under Ogedei's rule in 1229 until Mongke became the emperor in 1251. Events such as these caused Chinese dislike of the Muslims to grow during the Yuan dynasty. Although there were many Muslim officials, only a few rose to high political positions. The highest, and by definition most prestigious, were reserved for Mongols .

Ahmad was one of the few Muslims to gain "the heights financial position, control over the Central Secretariat of north China ", but he was not popular among the masses. The nature of his job, controlling taxes, easily made most men who held the office disliked by the people. Yet, his determination to increase revenue by raising taxes made the people extremely upset, to the point that in 1282 they ended up assassinating him. Another prominent high-ranking Muslim official was Sayyid Ajall. He had a successful career that took him all over China. In 1273 he was granted his final promotion as governor of Yunnan, the region bordering China and Southern Asia. He became important in shaping the Yunnan culture to model the rest of China. Even after his death in 1279 his family remained within powerful positions in Yunnan well into the Yuan dynasty. Yet, the Mongol's ambivalent manner towards the Muslims did not last.

A lot changed in China throughout Mongol rule; times were uncertain for all who resided there, including the esteemed Muslims. Mongols used periodic purges to maintain control of the people they had placed in powerful offices . This, at times, made China an extremely unfavorable environment for Muslims. It was near the end of the dynasty that the Muslims especially began to lose the favor of the battle-hardened Khans. The 1311 edict restricted the role of Qadi (religious

leader) from one of legal authority to one of simple ceremony and eventually abolished it altogether in 1328. Other privileges that were eliminated included exemptions from tax and "special colleges for Islamic studies." Bad relations eventually led to the 1343 Shansi rebellion and the 1357-1368 Chan-Chu rebellion. Many Muslims helped Zhu Yuanzhang when he revolted against the Yuan. It was during this period that the social relations between Muslims and Chinese were at their most tense. Yet, never before did the Muslim population have such large numbers residing within the Middle Kingdom. During the Ming dynasty, these two factors would come to determine the ever-shifting role of the Muslims.

Due to the significant presence of Muslims in China, the Ming dynasty (1368-1644) similarly continued to hold them in high regard, with some skepticism at first. Events such as the "Yuan garrison of Muslims soldiers " resistance outside Quanzhou caused the implementation of harsh law immediately following the establishment of the Ming dynasty. Despite this, some also fought on the side of Zhu Yuanzhang, and it is even believed that at least a few of his generals were Muslim. The negative sentiments toward Muslims were quickly overridden by the emperor's patronage of Islam in the support of the construction of Mosques and appointment of Muslims to high official positions. A 1407 imperial edict found on Mosques throughout china reads: since "you...revere God and serve the Emperor with loyalty...Thereby I am giving you this imperial edict to protect you abode. No official...should...despise them. "

The Ming were different in the way they approached the concept of what it meant to be Chinese. Previous dynasties maintained the social divide between Muslims and Chinese either by having Chinese in powerful positions

or by placing Muslims in central positions. Instead, they fostered assimilation and the idea of Chinese Muslims through encouraging intermarriage and Muslim adoption of Chinese names. Their encouragements of integration closed the gap between the Chinese and Muslims and led the development of the Chinese Muslim.

MILITARY ENCOUNTERS

Though the military history between China and the Muslims is mild in comparison to other nations, it is unique in the fact that they fought both as enemies and as allies. It is argued that the first great impact Islam had on China was during the conquests. This was a potential factor behind the large influx of Persians during the late seventh to early eighth century and a refuge to their prince during this conflict. It is believed that the Persian prince, Perzo II, requested the Chinese military backing against the Arabs, which the emperor refused. Instead, according to Al-Tabari, the emperor responded to this by saying, “people who have such faith [Muslims] and such leaders will carry all before them... Try, then, to...[gain] their good graces. ” and then offered him protection behind Chinese borders. The Chinese knew a formidable opponent and did not want to make enemies quickly with the ever-expanding empire. Yet China would soon find itself in a fight with the Muslims.

The Battle of Talas in 751, which ended in Muslim victory, was a small and isolated skirmish. However, it greatly diminished China’s presence within Central Asia and opened the door for the Arabs to push against China’s backyard. This did not lead to full on war, nor did it forever sour relations between the two nations. China understood the military prowess and potential alliance in their new

neighbors, and every dynasty would use that to their full advantage.

Another problem arose during the Tang involving Muslims, but this time in aiding the emperor. In 755, An Lu Shan, an angered general, rebelled, forcing Taizong (the emperor to be) to flee the capital. In his desperation, he requested troops from the Arabs to help reestablish his rule, which was successfully repressed in 763. In contrast, Muslim governor-general Pu Shougeng expedited the downfall of the Song dynasty in 1272 when he surrendered Fujian province to the Mongols. The port docked a large portion of the Song navy. This was a tremendous loss strategically, given the fact that the Song navy had a better force in comparison to the Mongols.

During the Yuan dynasty the Mongols also made use of the Muslims superior fighting abilities. Muslims were transported into China to serve as army conscripts; this increased the Muslim population and also took a great deal of power from the Chinese. During the Ming rebellion, Muslims fought on both sides. The army conscripts fought for the imperial garrisons and Muslims who were ready for a change fought alongside Zhu Yuanzhang. The Islamic military influence continued to be valuable under the Ming. Though their role was small, military interactions did occur and they did play a critical role in China’s development.

CONCLUSION

Though it might have taken Muslims longer to integrate into Chinese culture than it did in most other places, the fact they there were eventually able to gain the patronage of emperors is impressive. China and Islam are fundamentally different and both equally unwavering in their beliefs, so much so that Islam cannot be held to the standard of

becoming a major religion in China. However, through trade and political power, Muslims became accepted into the population and were recognized as Chinese citizens instead of outsiders. This struggle with defining nationality may have finally been laid to rest during the years of Ming rule, but in the modern era Islam continues to struggle with complete assimilation.

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Extractive Institutions and the Arab Spring

By Todd Truesdale



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ABSTRACT

At the onset of the Arab Spring, many people applauded the efforts of citizens in Middle Eastern nations attempting institutional reform. However, the reformation movement largely failed to build long-lasting democracy and in most cases led to serious and ongoing civil strife. This paper discusses the failure of the Arab Spring by using the theory of public choice to describe the cycle of furthering extractive institutions.

In his revolutionary book, *The Wealth of Nations*, Adam Smith asserted “no society can sure be flourishing and happy, of which the far greater part of the members are poor and miserable.” This scenario, describes a fundamental problem in many of the nations we see around the globe – a problem of extractive institutions, both political and economic. Extractive institutions restrict individuals’ access to compete politically and economically. In addition to excluding access to the general public, extractive institutions allow individuals with close proximity to the elite to flourish. This lack of access all but translates into a series of oppressive institutions that foster inequality on an extreme scale. Conversely, productive systems allow for a large degree of political and economic access. These nations that allow public access experience a greater degree of economic and political freedoms. Greater freedoms translate into a more productive society, which in-turn translates into a greater standard of living. Various regions around the world experience extractive institutions, the Middle East among the most publicized of these regions. The latest brand of neo-conservatism has focused on transporting democracy to various Middle Eastern nations through military force. However, starting in 2010, a social movement originating in Tunisia, dubbed the Arab Spring, realized the frustration of oppressed citizens and their attempt to gain more access to their nations’ political and economic institutions. Whether by external military force or internal grassroots campaigns, these movements attempted to replace a nation’s extractive institutions with productive institutions. While many touted the success of these efforts, the movements have not been very effective at transforming extractive institutions and elites in each nation still hold significant influence over their governments and subsequently their

economies. Extractive institutions cannot be transformed until the elite ruling class deems more productive institutions in their best interest as well.

Extractive institutions, at their core, are oppressive. They do not allow individuals to participate politically or economically. When individuals are not able to participate in their own government, they are not able to change their political institutions, let alone voice their concerns. Alongside the class of everyday citizens lives the ruling elite and those close to them. These elites, typically autocratic dictators and their hand-chosen collection of cronies, control every aspect of their particular nation, from the political institutions to the access to economic competition. One might ponder why the average citizen does not take steps to increase their participation; similarly, someone might wonder why the ruling elite does not allow for greater participation, for it ultimately increases the economic productivity which benefits everyone. The answer might be simpler than one thinks – public choice. According to economist James Buchanan, similar to their interaction with the market, individuals make collective decisions in their own best interest. Within extractive institutions, individuals, regardless of their social status, make decisions in their own interest which further oppressive institutions.

Using public choice as a means to justify oppressive systems seems contradictory at first glance; why would anyone make a decision that would further their state of oppression? The answer lies with the individual's fear of the oppressive system itself. A citizen who lives in a nation with extractive institutions must do a

cost-benefit analysis of their current standing in society; is it worth the possible turmoil, often including imprisonment, torture, or execution, to try and change their level of access, or is it simply in their better interest to maintain their current standard of living. Too often, the former scenario poses too great a risk for individuals to even consider any type of movement to gain more freedoms – the cost is far too high. The safety provided by their default way of life, even with the existence of oppression, remains appealing. Until oppressive institutions cause an unacceptable level of burden on an individual's life, there is no incentive to change the current system. However, institutions that accomplish this

level of oppression are often so authoritarian there lies no possible way to attempt peaceful reform, prompting violent revolutions.

Similarly, public choice can explain the seemingly contradictory

reasoning for elites to discourage increased participation in their nations. In *The Wealth of Nations*, Adam Smith argued that the market is limited to the extent of the work force. As more individuals contribute to the economy, the well-being of an economy increases – this time-tested assertion remains fact, not opinion. So, why would the elites of a nation limit the ability to enter the market? As public choice dictates, increasing participation is not in their best interest due to political and cultural reasons. Most often, the ruling elite are already extremely well-off and the economic outcomes of increasing access to markets would range from slightly to negligibly beneficial. However, the loss of political power would be significant. According to the Hayek-Friedman Hypothesis, economic freedoms are necessary in order to

“This self-interest is often the undoing of the oppressed, furthering their oppression.”

sustain political freedoms. Generally speaking, as states increase their economic freedoms their political freedoms increase as well. Increased political freedoms negatively affect an autocrat's ability to maintain absolute control over a nation's citizens. As political freedoms increase, as a result of increased economic participation, the ability to challenge existing institutions arise. If an elite were to complete a cost-benefit analysis, the threat of political instability is too much of a risk to the existing elite, thus it is not in their best interest to allow more economic access.

Aside from political reasoning, long-standing cultural norms also inhibit the feasibility of institutional reform. This cultural limitation is often seen in Middle Eastern nations, where Sharia remains the predominant legal framework. Sharia law inherently oppresses women, most often limiting them from formally participating in the economy. Not only does the prospect of allowing women to formally enter the economy come to odds with the elites' point of view, but also with the majority of men's opinions regardless of status. These deep-seeded cultural beliefs oftentimes prove the hardest obstacles to overcome when attempting institutional reform. The extreme level of oppression to these individuals deeply limits their ability to speak out against their oppressors, consequently creating a vicious cycle of never-ending oppression.



The Libyan Revolution⁵

The theoretical explanations of public choice and cost-benefit analysis as a means to further extractive institutions can be used to describe the failure of the Arab Spring. Individuals allowed the cycle of accepting their oppression to maintain relative safety to continue for so long the only way possible to dig themselves out of their oppression was through violence. Frequently, the violent revolutions came at the urging of external

nations, including the United States who militarily assisted Libya's overthrow of dictator Muammar Gaddafi. These nations deemed that the incentives to change their institutions outweighed the risks. The Arab Spring spread

like wildfire through the

Arab regions and resulted in serious action in nations such as Tunisia, Yemen, Syria, Egypt, and Libya. Of the four nations who underwent serious attempts at institutional change, only one nation succeeded, albeit mildly, in their transformational endeavor – Tunisia. Two of the other three nations are still in the midst of major civil war and the third defaulted to a traditional dictatorship. Interestingly and importantly, the Arab Spring originated in Tunisia and remained fairly reliant on internal motivation. The latter observation remains the most powerful reason for success in Tunisia. The citizens of Tunisia conducted an informal cost-benefit analysis of their status and deemed that the benefits outweighed the risks of reformation attempts prompting their political revolution. Five years later, Tunisia

still adheres to their newly written constitution and has conducted successful elections that saw the defeat of the traditional conservative party. However, citizens are defaulting to their cultural norms and have returned to practices of torture and oppression. While the presence of oppression remains troubling, the maintenance of the reformation shows successful transformation.

The three unsuccessful nations relied heavily on the external factors of Tunisia's original action to prompt their attempts at institutional reform. While the citizens succeeded in overthrowing their oppressive governments, they dismally failed

at establishing or maintaining a reformed government. Individuals fundamentally did not want to change their institutions in these nations, rather their position within the existing institutions. This caused serious civil strife resulting in the Libyan and Syrian civil wars. In Egypt, citizens defaulted to their traditional authoritarian government, suggesting that their original cost-benefit analysis was incorrect and their typical institutional oppression remained better than the alternative. Public choice puts heavy weight on the self-interested decision to maintain security or power. Citizens who failed at their reformation attempts made the self-interested decision to compete for power – causing civil war – or believed survival with their traditional regime was in their better interest – leading to the default to a traditional authoritarian government. Grassroots movements are difficult at transforming extractive institutions because individuals

make decisions in their self-interest, and their self-interest does not always match with the goals of reformation.

Some nations avoided the Arab Spring movements altogether. For example, the United Arab Emirates experienced no significant attempts at institutional reform and continued to prosper in spite of the revolutionary fervor being spread throughout the region. This lack of institutional reform cannot be attributed to their lack of extractive institutions. According

“Individuals fundamentally did not want to change their institutions in these nations, rather their position within the existing institutions.”

to Freedom House's Freedom in the World Report, the United Arab Emirates (UAE) ranks among the least free nations around the world. In the face of significant oppression, what kept the UAE safe from the

reformation attempts experienced by their neighbors? A number of reasons contributed to this lack of action, but none more so than the UAE's level of economic freedom. The Fraser Institute's 2016 Economic Freedom of the World Report places the United Arab Emirates among the freest economies, tied for fifth freest along with Canada, Georgia, Ireland, and Mauritius.

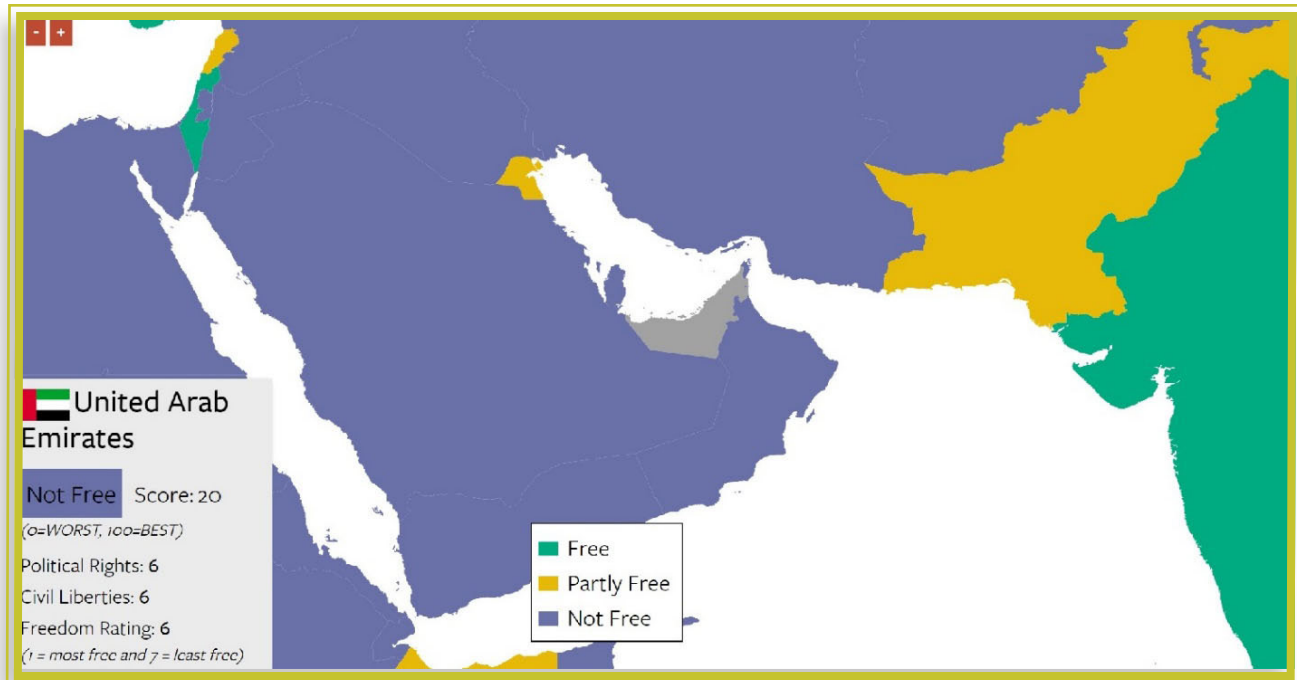
Contrary to the Friedman-Hayek Hypothesis, the UAE has productive economic institutions as well as extractive political institutions. This atypical nature of the UAE allowed them to remain clear of revolutionary sentiments. Similar to the citizens in nations that underwent serious institutional reformation attempts, the citizens in the UAE conducted an informal cost-benefit analysis to determine the risks and incentives of reformation. Ultimately, save for a few activists, the majority of citizens found maintaining high levels of economic

freedom and low levels of political freedom in their best interest. People determined a relatively prosperous life with limited political freedoms was better than reformation which could potentially ruin their level of economic freedom.

Humans are extremely self-interested and generally make decisions that bring them the most benefit. This self-interest is often the undoing of the oppressed, furthering their oppression. Unless the majority of the people in the nation, elites included, believe that institutional reform is in their best interest, successful reforms will not occur. The power of self-interest ultimately justifies the elite to oppress and for the commoners to be oppressed. This maintenance of these extractive institutions creates a vicious cycle that is almost impossible to escape.

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Freedom Score, according to Freedom House and the Fraser Institute²



Good Morning, Citadel by Damon Susanke

Ethics and “The Immortal Life of Henrietta Lacks”

By Grey Klosinski



Grey Klosinski, Class of 2017, is a biology major from Augusta, Georgia. He is a member of Papa Company. He has received Dean's List every semester that he has attended The Citadel, as well as Gold Stars

on three occasions. He is a member of the Summerall Guards. He aspires to receive an Army scholarship to attend medical school.

ABSTRACT

Henrietta Lacks was an African American who suffered from cervical cancer. In the process of treating her, doctors discovered an immortal cell line called HeLa cells. These cells are considered the most important discovery in medical research, as they have allowed for further research and discoveries that would eventually save millions of lives. Henrietta and her family were unaware of the profit that doctors made and the impact that she had on the medical community. This paper discusses the ethics of the doctors actions, and whether the Lacks family is entitled to the money and fame that doctors received from the discovery of an immortal cell line.

The knowledge of what is right and what is wrong is something that we are taught at a very early age, as well as something we learn throughout life. This knowledge is called ethics, and it is the driving force of decision-making. It applies to all aspects of life and has been around ever since the very first decision was made. Although ethics and laws are very similar, they are not the same. Laws are written down, and ethics are instilled in our brain like a natural law. Laws and ethics certainly overlap, but it is not because of a law that we treat people with dignity and respect. Rather, we see it as the right thing to do, because of our ethical decision making. In Rebecca Skloot's book, “The Immortal Life of Henrietta Lacks,” Skloot confronts an ethical issue in which Henrietta Lacks' cells were taken without her consent and used for research and the development of drugs that were sold for a profit. The research that was done on Lacks' cells was a huge development which saved many lives. However, the question remains whether it was ethical or not to take the cells without her knowledge or consent.

Henrietta Lacks was a black woman who grew up uneducated and impoverished. In 1951, after the birth of one of her children, she was diagnosed with cervical cancer at Johns Hopkins hospital, which was one of the only hospitals in the area to accept black patients. She had a history of medical problems and declined many of the treatments. When she was diagnosed, she signed a statement permitting any surgery deemed necessary. It was a common practice back then to remove tissue samples from patients without their knowledge, to examine them for research. R. Richard TeLinde obtained two cervical tissue samples from Lacks, one from a healthy area and one from a cancerous area. Dr. TeLinde gave these tissue samples to Dr. Gey, who discovered the first immortal cell line from

Lacks' cells, meaning that the cancerous cells grew in culture. Dr. Gey shared these samples of immortal cells with his colleagues. These cells became known as HeLa cells and were helpful in producing a polio vaccine, as well as becoming a popular research tool. HeLa cells were sold all around the world and scientists reaped a profit. Through all of the fame that HeLa cells were getting, the Lacks family never saw any money and were unaware that Lacks' cells had such a great impact in the field of medicine. At one point, journalists were writing stories using the incorrect name of the cells source, using names like Helen Lane and Helen Larson.

This time period was known as the Jim Crow era, which witnessed discriminatory legal and societal practices against black people as the accepted norm in the South. These laws were accepted, but were not necessarily ethical. In the medical world there were many instances that followed the Jim Crow laws and practices, but were unethical when someone considers the treatment and care of another human being. The standard of treatment for African Americans in a medical setting was very poor, as doctors did not always treat and care for them to the best of their ability. There were instances such as the Tuskegee syphilis study, the Mississippi Appendectomy study, and the underfunding of sickle-cell anemia. Medical mistreatment of African Americans was a popular practice during this time period, but it was wrong and



Henrietta Lacks²

unethical. Today, this is not the case. Laws have been established to make sure the patient, no matter what race or ethnicity, has full knowledge of what is being done to him or her and that they receive the best possible medical treatment.

So was it ethical for Lacks' doctors to take the tissue samples from her and make a profit off their discovery without her consent? The assertion could be made that it was not ethical. Although it was a common practice during that time period, one would be hard-pressed to find a way to deem the taking of someone's cells without their knowledge or consent

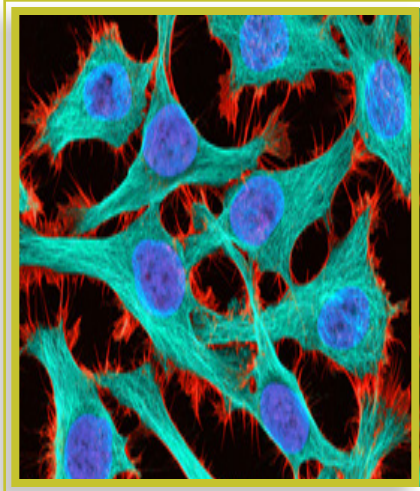
as ethical. No matter how small it may seem, the taking of her cells without her consent was stealing. It should be considered that the need for her cells for research was necessary for many people, but there is an amount of respect that is due to all patients by informing them

what is being done to them. There being a wide knowledge barrier between patients and doctors does not make it okay for doctors to not disclose everything that they are doing to a patient. Though Lacks did very little

in discovering her immortal cell line, she was the owner of those cells and deserved a portion of the money that the doctors were making by selling her cells. Dr. TeLinde and Dr. Gey were receiving money and fame from Henrietta's cells, while Lacks' family was dying of illnesses and were suffering from discriminatory medical mistreatment. It is unethical and an injustice that the Lacks family was unaware of

“The standard of treatment for African American in a medical setting was very poor, as doctors did not always treat and care for them to the best of their ability.”

the implications that Lacks' cells had on the medical industry, while they were impoverished and receiving insufficient medical care. The Lacks family should be entitled to a portion of the profit that many people received off Lacks' cells. Even though the Lacks family



Henrietta Lacks Cells³

would probably never be able to understand the exact implications that Lacks' cells had on the entire world, they do deserve some form of compensation.

Laws and practices change over time, but ethics have remained constant throughout our history. It was a common practice to take Lacks' cells during that time period, but that does not make it right. Lacks was the owner of those cells, and they were taken away from her to make a profit without her knowledge or consent. All patients deserve the respect of knowing what is being done to them. Lacks' immortal cell line allowed for major medical discoveries, in which many lives were saved. It does not seem right that the Lacks family was unaware of just how important Lacks was to the medical community. They are entitled to the proper fame, as well as a portion of the money that was made off her cells, because it is the right thing to do.

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The Gold Star Journal
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Dreams on the Horizon by Cody Ford

Anti-Inflammatory Effect of Titanium-Substituted Polyoxometalates on Asthma

By Benjamin McCall



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Biochemistry. He has earned Gold Stars and Dean's List three semesters. He is married to Stephanie McCall and is a father of two children. He hopes to attend medical school upon graduation from the Citadel.

ABSTRACT

Polyoxometalates are negatively charged anions usually constructed with an early generation transition metal such as vanadium (V), niobium (Nb), molybdenum (Mo), and tungsten (W). Scientists are searching for cheaper and more effective ways to manage diseases by using polyoxometalates to improve the drug delivery process. There is evidence to suggest that these compounds may be effective in treating asthma in some patients and they may be able to access the cell directly through endocytosis.

A large amount of research goes into studying asthma each year. Some people are well controlled with an inhaled corticosteroid while others are not controlled as well. After years of research, methods to manage asthma related symptoms are still few and far between. The low percentages of people who are otherwise uncontrolled have a much higher morbidity rate when compared to those who are controlled. Additionally, the economic strain that is put on the national healthcare system each year due to the emergency care needed for patients with asthmatic exacerbations is very taxing (Dong et al., 2016). As more research is done, transitional metals are becoming popular areas of study. Molecules once thought to not be associated with the human body are proving to be possible targeting agents in pharmaceuticals. One such example of this is the titanium substituted polyoxometalates (POMs) (Dong et al., 2016).

Polyoxometalates are negatively charged anions usually constructed with an early generation transition metal such as vanadium (V), niobium (Nb), molybdenum (Mo), and tungsten (W). The most common type of polyoxometalates has the empirical formula of $\text{XM}_{12}\text{O}_{40}^{-n}$, where X is any heteroatom; M represents molybdenum or tungsten and one of M anions can be exchanged for any other metal atoms and thus becomes mono-substituted. An example of this would be $\text{CoW}_{11}\text{CoO}_{40}\text{H}_2^{8-}$, which was described in the 1960s (Dong et al., 2016). Polyoxometalates can be easily synthesized in a laboratory. Unfortunately, the studies only showed a promising anti-inflammatory property in the case of titanium substituted polyoxometalates. Any further mention of polyoxometalates will be of the titanium substituted variety.

Why do polyoxometalates show promise for anti-inflammatory properties? One important point to consider is that titanium

was found to be less toxic than some of the other transition metals. Research has been done on the antiviral and anti-tumor properties of titanium substituted polyoxometalates, but little is known about their anti-inflammatory properties. Type 2 helper T cell cytokines and type 2 lymphoid cells are believed to be heavily involved with the pathogenesis of asthma related problems (Dong et al., 2016). It was theorized that the polyoxometalates would be able to assist with asthmatic inflammatory disorders due to their known ability to activate, to proliferate and to suppress immune cells. The position of the titanium within the compound is important in the overall efficacy of the anti-inflammatory properties it exhibits. Polyoxometalates FeWTi and ZnWTi were both found to have anti-inflammatory properties in a study conducted on mice.

In a publication from the Journal of Bioinorganic Chemistry and Applications, scientists conducted a study on mice to find out how well the polyoxometalates reduce Ovalbumin (OVA) associated lung inflammation. The mice in the experiment were subjected to 100mg injections of ovalbumin in 2% aluminum hydroxide gel and then challenged intra-nasally with 10mg of the same on days 8, 9 and 10. The mice were also injected with 0.3 micrograms of titanium substituted polyoxometalates on days 8, 9 and 10. The mice were ethically sacrificed after 48 hours before their larger left lungs were excised. After a full physiological exam of the mice, it was found that $K_5H_2[FeW_{11}TiO_{40}] \cdot 17H_2O$ (FeWTi) and

$K_5H[H_2ZnW_{11}TiO_{40}] \cdot 35H_2O$ (ZnWTi), were able to reduce OVA associated lung inflammation while TiW was not (Dong et al., 2016). Upon further examination of the bronchoalveolar fluid it was found that the treated mice exhibited decreased infiltration at the alveolar level. Lymphocyte and eosinophil cell numbers

were significantly lower compared to the control group. B-lymphocytes produce antibodies for attacking invading cells while T-lymphocytes attack the body's own cells that are not behaving correctly (PubMed, Lymphocytes). Eosinophils have

small particles with enzymes that release during infections, allergic reactions, and asthma (PubMed, About Eosinophils).

Some studies show the possibility of the polyoxometalates being able to pass through the cell membrane and become available for uptake from the cytoplasm; let us look at how this might be true. The cellular membrane is made up of two layers of phospholipids which have a hydrophilic phosphorus head and a hydrophobic tail that consists of bonded carbon and hydrogen atoms. The cellular membrane is said to have selective permeability because only certain molecules can pass through it. Small and non-polar molecules easily pass through the membrane while larger compounds and proteins do not (Cell Membrane). Simple diffusion of water, a polar molecule, known as osmosis allows for the transport of water across the concentration gradient from an area of higher concentration to that of a lower concentration. Molecules can also be moved via active transport if they are

“Research has been done on the antiviral and anti-tumor properties of titanium substituted polyoxometalates, but little is known about their anti-inflammatory properties.”

too big to pass through the membrane, but this requires additional energy.

The size of the molecules and their highly negative charge makes it seem unlikely that they will be able to pass through the cell membrane at first glance (Rhule et al., 1998). The hydrophilic phosphorus head found on the outside of the cell membrane has a charge of 3⁻, which would indicate that the highly negative polyoxometalate should repel it due to the two having the same charge. Transition metals, on the other hand, are always positively charged so they may still be introduced if orientation is correct. Keggin structures of the form $\text{XM}_{12}\text{O}_{40}$ like those used in the study above have a spherical molecular shape. Due to the large size of the molecule, large molecular weight and polarity, the molecule can only be moved into the cell through endocytosis. There are two types of endocytosis: pinocytosis and phagocytosis. In pinocytosis, the cell takes in nutrients from drops of cellular fluid. In phagocytosis, the cell takes in large solid particles of food (Cell Membrane). It is believed that the Polyoxometalate accomplishes access to the cell by binding to a receptor cell which is then picked up by a food particle that is engulfed by the cell (Rhule et al., 1998).

Additional research is needed in order to get a clear understanding of the use of titanium substituted polyoxometalates in medicine. The small amount of data available from previously completed research points to the idea that these compounds can be used in many ways throughout the field of medicine. Polyoxometalates are stable compounds that make them very good for use with biomacromolecules. However, one of the biggest hurdles still left to resolve is finding lighter polyoxometalates.

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The Last of the Knights by Antonio Cuccaro

The Annexation of Crimea: Intelligence Shortcomings and Successes

By John H. Reynolds



Henry Reynolds, a Junior in Delta Company, comes from Rock Hill, South Carolina. He is majoring in Criminal Justice with a minor in Intelligence and Homeland Security. He hopes to work either against Human Trafficking with the FBI or to serve as an

Intelligence Analyst for the DIA. He enjoys the world of international politics and policy making and hopes to continue learning more in these areas.

ABSTRACT

This paper examines the key timelines behind the Russian Annexation of Crimea and how the "West" was systematically defeated in the field of intelligence by the Russian military and its intel community. Due to the rise of Cold War era relations between Russia and the West, it is important to learn from the mistakes of past engagements and to better understand the strategies and methods of the Russian Federation.

Crimea is a small, 10,000 square mile peninsula in southern Ukraine that is surrounded by the Black Sea. It became a part of the Russian Empire in 1783 and continued to exist under the control of the USSR from 1954 onward (Military Intervention, 2016). In 1995, the newly independent country of Ukraine claimed Crimea under its sovereignty, however Russia continued to meddle in Crimean affairs. For example, in 2008 the Ukrainian Foreign Minister accused Russia of giving out passports to the Crimean population (Military Intervention, 2016). In 2014, Ukraine experienced a violent revolution, commonly referred to as Euromaidan, in which the pro-Russian President Viktor Yanukovych was ousted after preventing an EU-Ukrainian economic agreement in favor of a \$15 billion loan from Russia (Mandel, 2014). On February 21st, the same day that Yanukovych fled Ukraine, the Crimean Parliament called an emergency meeting with the likely intentions of requesting Russian military intervention. The following day, President Vladimir Putin held security meetings that outlined a plan to work towards returning Crimea, with its mostly Russian population, back to Russia. Crimean Prime Minister Anatoli Mohyliov recognized the new provisional government in Kiev, the capital of Ukraine, and ordered the Crimean government to comply with Ukrainian law (Military Intervention, 2016). After learning of Ukraine's intentions of keeping Crimea under its control, protestors took to the streets in the Crimean city of Sevastopol chanting "Putin is our President". They created "Civil Defense squads" and demanded a vote to establish an independent government (Military Intervention, 2016). Seeing the increasing pro-Russian activity in Crimea and with reports of Russian military convoys in the region, the Chief of the Security Service of Ukraine (SBU) Valentyn Nalyvaichenko requested UN

security monitoring of Crimea. Russian troops began to seize major roads leading into Crimea and established military checkpoints (Military Intervention, 2016). On the 27th of February, unmarked and unidentified soldiers, to whom locals referred as “little green men”, seized government buildings and major cities inside Crimea (Military Intervention, 2016). In the following days, these unmarked troops (later confirmed as being Russian Special Forces) then held Crimean Parliament members at gunpoint and forced a vote of annexation, turning over Crimea to the Russian government. By march, Russian troops and pro-Russian militia groups held complete control over Crimea, and a Russian Cruiser was scuttled to block a key entrance to the Black Sea to prevent access by the Ukrainian naval base located there (Military Intervention, 2016). The annexation of Crimea was merely the initial phases of a broader Russian strategy to cause unrest within Ukraine and seize a valuable and strategic access point to the Black Sea. As Russia began to fortify and to move more troops into Crimea, pro-Russian militia interspersed with Russian Special Forces in disguise began what is now known as the Ukrainian Civil War in the Donbass region of Ukraine (Annexation, 2016).



Russian soldiers fire warning shots⁷

The annexation of Crimea involved numerous State and non-State personnel with diverse strategic military goals. On the local level, Western and Eastern Ukraine have had fundamentally different political views, with Eastern Ukraine (including Crimea) containing strong ethnic and economic ties to Russia. The East is also more industrial, and the larger population there feared and despised the new Ukrainian government as they considered it illegitimate (Mandel, 2014). The Maidan protests against former President Yanukovich displayed

a disproportionate view of Ukrainian public opinion on pro-Russian policies as Western Ukraine is made up of roughly 80% ethnically Ukrainian citizens while the East has a population of around 50-60% ethnic Russians (Mandel, 2014). Crimea itself was very much divided in support of annexation/independence, with pro-annexation rallies taking place in Sevastopol, a port city that houses a Russian naval base, and pro-Euromaidan rallies taking place in Simferopol, in which the participants, numbering in the tens of thousands, demanded the resignation of the Crimean parliament (Military Intervention, 2016). Crimean public opinion is divided in two groups; on one side are the ethnic Russians who make up 68% of the population and on the other side are the ethnic Tatars and Ukrainians who

together only make up 26% of the population (Australian Government). The Tatars are a predominantly ethnic Muslim minority who experienced mass deportation during the Soviet-era and were only allowed to return to their homeland in 1989 (Parogni, 2015), thus making them very fearful of a Russian takeover. However, the annexation of Crimea goes beyond local politics and falls into the realm of the age-old East versus West, cold war mentality. Russia, led by President Vladimir Putin has been steadily expanding its influence in former soviet-bloc countries as evidenced by its increased interest in Iran, Syria, Ukraine, and the Baltic States (Kabir, 2014). Putin cited Crimea's historical connection to Russia and its need to combat NATO's growing influence of the region as impetus for Russian Parliament's approval of the annexation of Crimea (Kabir, 2014), yet there is more to the conflict than just ethnic unity. The "West" (EU/NATO/US) gave almost unconditional support for the Euromaidan protests and helped establish the new pro-West Ukrainian government, which placed Russia in a particularly weak geopolitical position (Mandel, 2014). Russia, seeing a weakened and politically divided Ukraine decided to make a power play to seize Crimea, whose Black Sea ports provide quick access to the Mediterranean, the Middle East, and the Balkans (Military Intervention, 2016). Russia did not want a heavily pro-West Ukraine as it shares a 2500-kilometer border and would upset the balance of power and the sphere of Russian influence in Eastern Europe (Mandel, 2014). Thus, President Putin began a campaign of subversion and disguise with the intentions of seizing Crimea with as little international fallback as possible. The Russian strategy was to stir up and to arm pro-Russian militias within Crimea while simultaneously moving Russian Special Forces units into the peninsula wearing uniforms devoid of

identifying factors (Macias, 2015). This pseudo invasion was justified by Russia through plausible deniability, concern for the welfare of ethnic Russians, and a treaty of annexation put forth by a captive Crimean Parliament (Macias, 2015). Overall, Russia was attempting to prevent the "West" from gaining influence in the region while also seizing a territory of great strategic value.

The annexation of Ukraine was relatively bloodless considering the speed in which the operation was accomplished and the number of unknown factors involved. While there was undoubtedly heavy involvement from pro-Russian and pro-independence Crimean citizens, Russia handled the brunt of the military confrontations and territory seizures. Andrey Illarionov, a former advisor to President Vladimir Putin, recently claimed that Russia had invasion plans in preparation as early as 2003, but the Euromaidan revolution accelerated Russia's plans, forcing Russia to act immediately rather than after the 2015 Ukrainian elections as was initially planned (Military Intervention, 2016). The seizure of Crimea began on the 27th of February, 2014, when pro-Russian militia interspersed with Russian Spetznaz and other Special Operations Forces seized government buildings, including the Crimean Parliament in Simferopol, while Azov landing ships dropped Russian marines (wearing no insignias) on Crimea's beaches (Macias, 2015). Russian troops in unmarked uniforms, local Berkut riot police, and Russian troops from the 31st Separate Airborne Assault Brigade, disguised in Berkut uniforms, established checkpoints at the Isthmus of Perckap and the Chonhev Peninsula, cutting Crimea off from the rest of Ukraine (Military Intervention, 2016). On February 28th, all of Crimea's major airports were seized and then began to receive Russian military air traffic; then the following day a Russian Spetznaz

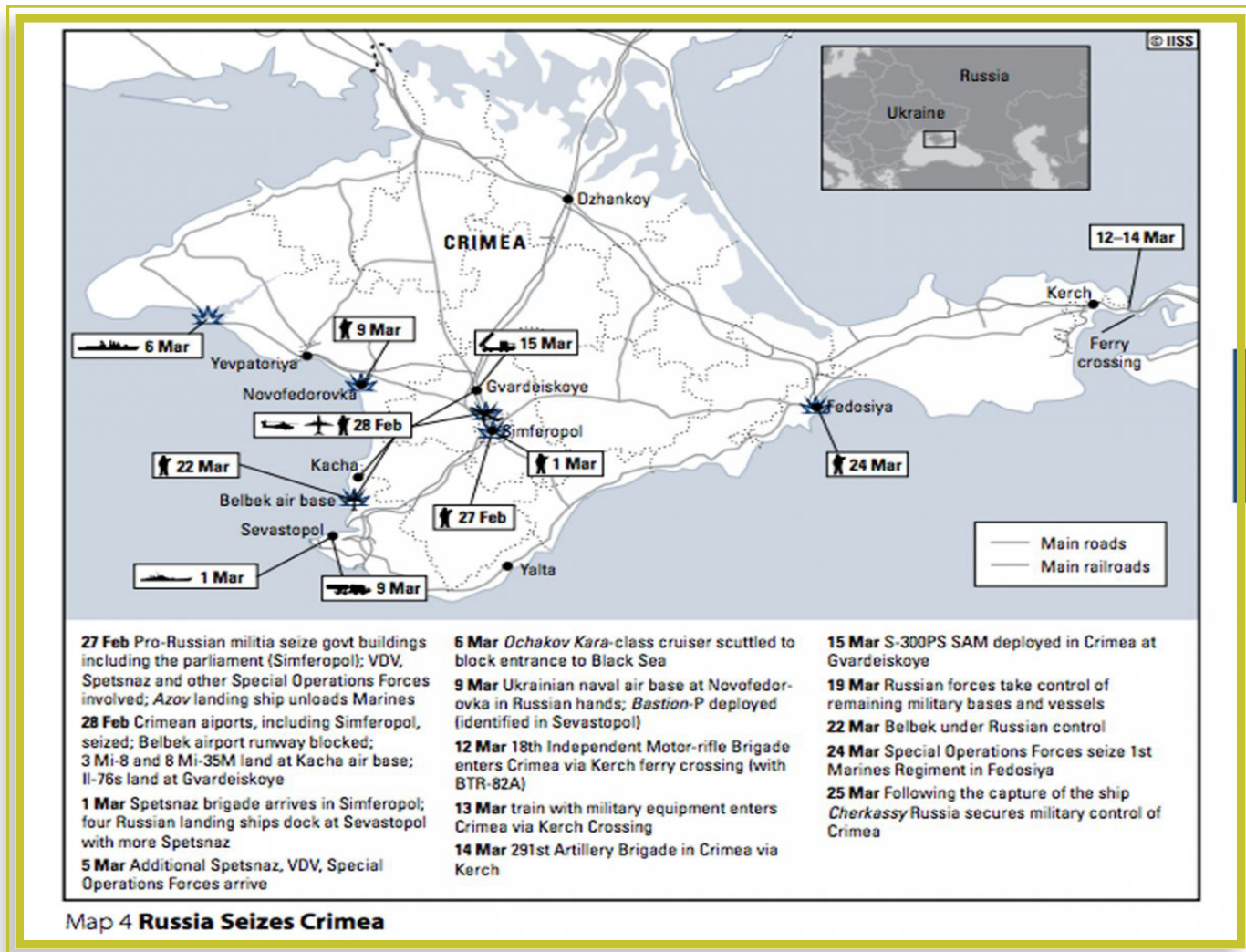
Brigade arrived in Simferopol and four Russian landing ships docked in Sevastopol with even more Russian troops (Macias, 2015). On the 6th of March, Russians scuttled an Ochakov Kara-Class Cruiser to block an entrance to the Black Sea from use by the Ukrainian Naval Base there and on the 9th of March the base was seized (Macias, 2015). Ukraine ordered a full withdrawal of all its troops stationed in Crimea on the 24th of March and thus the 25th found Russia in full military control of Crimea without any military intervention from Ukraine or any other Nations due to Russia's use of deception and plausible deniability (Military Intervention, 2016). Russia's involvement in Crimea, while obvious now, was dubious and well-hidden throughout the engagement and continued in the following War in Donbass. The use of Spetsnaz disguised as local militia and Berkut forces was enough to confuse NATO and the UN, despite Ukraine's intelligence reports on Russia's deception and the annexation occurred too quickly for international intelligence establishments to fully grasp the situation.

The primary reason that Russia accomplished their annexation and military takeover of Crimea was their ability to stymie Western Intelligence by use of disguise, subterfuge, and a no-fly zone over the region. Russia's main strategy was counter-intelligence operations, ensuring that the West's intelligence communities could not gain any conclusive information about Russia's involvement until the operation was complete

(Bureau of Democracy, Human Rights, and Labor, 2015). Almost all details regarding which Russian units and Special Operations teams were involved in the invasion were only revealed many months after the annexation. The entire event was a stark failure for Western Intelligence Communities. US General Philip Breedlove, the former NATO commander in Europe, admitted that the military intelligence in 2013 was "not good enough", saying, "Our Nation made policy decisions to refocus that limited asset (military intelligence) into other areas, and frankly, by doing that, we lost contact with Russia at the operational and tactical level" (Sharkov, 2016). Russian intelligence had free reign over Crimea and, since then, Ukraine. The Crimean annexation was accomplished through mostly "boots on the ground" intelligence methods such as Russian FSB officers

secretly marking key strategic locations and recruiting locals to assist in their operations (Spokesperson, 2014). In the early days of the annexation, the Security Service of Ukraine (SBU) requested UN Security monitoring but the monitors were prevented access by the "little green men", Russia's disguised troops (Spokesperson, 2014). After seizing the major Crimean airports, Russia instituted a no-fly zone over the entire region, preventing spy planes or drones from acquiring any strategic imagery, meanwhile communication lines were cut between Crimea and Ukraine and all Ukrainian military radio signals/communications were jammed (Babiak, 2014). Not only did American intelligence analysts not see the Russian aggressiveness

"Our Nation made policy decisions to refocus that limited asset (military intelligence) into other areas, and frankly, by doing that, we lost contact with Russia at the operational and tactical level"



coming (International Security Advisory Board, 2014), but the Ukrainian Government even insisted that Russian Intelligence Officers were active in Crimea, going so far as to present captured individuals, who claimed to have been recruited by Russian FSB, as proof (Spokesperson, 2014). However, the Russian counter-intelligence operations were so effective that there was almost nothing NATO, Ukraine, or the United States could do without declaring outright war against Russia, which could not be supported by rule of law at the time. Overall, the annexation of Crimea was an enormous victory for Russian intelligence as its FSB and Spetsnaz forces managed to recruit, to coerce, and to seize an entire region

Russia seizes Crimea¹⁰

without fully revealing their identity as Russians despite the Ukrainian government insisting on their presence. On the opposite end of the spectrum, the intelligence communities of NATO and the United States experienced an unprecedented failure in predicting the degree of Russian will and involvement surrounding Crimea and Ukraine. Secretary of State John Kerry retroactively declared Russia's involvement in a statement made nearly a year after the annexation had occurred, confirming that Russian intelligence and military intelligence services had played an active role in Crimea (Kerry, 2014). At that point, Crimea was fully under the control of Russia and the intelligence focus was shifted to the Donbass

insurgency in Eastern Ukraine with virtually no way of punishing Russia beyond economic and political sanctions.

In conclusion, Russia and Crimea each accomplished their long standing strategic results while NATO, the EU, Ukraine, and the United States were left with little options and a major political defeat. Russia succeeded in destabilizing a Western-friendly nation (Ukraine), gained unfettered access to the Black Sea, and annexed Crimea, while Crimea succeeded in gaining independence from Ukraine and becoming a Republic under the auspices of Russia, with Sergey Aksenov being placed as “Head of Republic” (Ukraine and Russia Sanctions). July 2015, Russian Prime Minister Dmitry Medvedev declared that Crimea was fully integrated with Russia. However Ukraine still does not recognize the annexation and considers Crimea to be under “temporary occupation” (Annexation, 2016). The occupation displaced 18,000 Crimean citizens and has already begun draining Russia economically due to the money spent on connecting Russian power and water supplies to the new Republic (Ukraine and Russia Sanctions). The United States and NATO have responded to the annexation with an array of Cold War era tactics, such as military build ups, increased quantity and size of training operations in Eastern Europe, and extensive economic sanctions (Kabir, 2014). In the months following the Crimean incident, President Barack Obama signed executive orders establishing sanctions on fourteen Russian defense companies, numerous members of Putin’s inner circle, six of Russia’s largest banks, four Energy companies, and countless economic and trade sanctions that have drastically effected the Russian economy (Ukraine and Russia Sanctions). The situation in Ukraine has since spiraled out of control as the new government has attempted to

deal with a Russian backed insurgency in the Donbass region coupled with new intelligence that Russia may be deploying Nuclear-capable ballistic missiles to Crimea (International Security Advisory Board, 2014). Eastern Europe is now one of the most important regions for International political diplomacy as Russia and the West attempt to reconcile with each other despite mutual distrust and suspicion. However, Russia has left no room for discussion with regard to returning Crimea to Ukrainian rule and, for now, Ukraine will remain separated from the EU and NATO, leaving Russia with a strategic political and military victory.

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Freedom Wave by Cody Ford

Israeli Counterterrorism: Shin Bet and Counterterrorism Policy

By John D. Cordes



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Distinguished Service List, Dean's List, Regimental Commander's Cup, and the Summerall Cup. He will commission as an Army Second Lieutenant in May 2018 and is pursuing a career with the Federal Bureau of Investigation.

ABSTRACT

This paper explores the relationship between Shin Bet, Israel's premier intelligence agency, and counterterrorism policy in Israel. Some of the practices that are utilized are often intense. Whether it is the de-radicalization of prisoners in captivity or the interrogation of prison detainees, Shin Bet never fails its mission to protect the Israeli people. They do not back down in any situation. This behavior, however, has led to controversies and failures; many of which can be learned from in other nations' intelligence agencies.

Shin Bet, Israel's domestic intelligence agency, is charged with protecting the nation from terrorism. The 2012 documentary, *The Gatekeepers*, offers viewers an insight into this organization based on accounts from former leaders of Shin Bet. They recount Israel's control of the Palestinians. Shin Bet operatives had the ability to take part in an extensive Arab Language Program to be able to converse with the local populous to gain a better understanding of the Palestinian mindset. Politicians, however, did not give Shin Bet clear instructions on what to look for among the locals. The agents were forced to figure it out on their own. Their focus on the Palestinian state later shifts to terrorism in Gaza and the West Bank. For terrorist suspects, the Shin Bet prison environment ensures that all detainees experience a strong feeling of insecurity that persuades them to give up all information requested before their release. According to the administration, these strong tactics led to twenty attacks per year in Israel instead of twenty attacks per week that occurred previously.

In a controversial act, Shin Bet reacts to a Tel Aviv bus hijacking carried out by four terrorists heading toward Gaza. With three hundred civilians on board, a pursuit ensued using Shin Bet helicopters. Once halted, operatives kill two of the terrorists and interrogate two others. These operatives, however, were not authorized to kill any suspects. In essence, it was a premeditated killing and they blamed the Prime Minister of Israel for not providing clear instructions. The Prime Minister, however, denied knowledge of the event. This resulted in the head of Shin Bet resigning from his post due to a lack of internal support from the government. When asked about the morality of the incident, the former head of Shin Bet claimed that terrorists have no morals and should not be alive to have

the chance at standing trial. This would only encourage further terrorist acts, he claims.

Due to mounting tensions between the Israelis and the Palestinians, a revolt ensued. This, the First Intifada, brought huge protests and fighting. The Israelis used live rounds to stop the Palestinian protestors and Shin Bet's most wanted list grew sharply. This resulted in more arrests and interrogations of Palestinians. Despite the expectation to monitor threats, Shin Bet did not foresee this uprising. Their purpose is to prevent this type of occurrence. Due to the Oslo Accords, the West Bank and Gaza was handed over to the Palestinians in order to bring peace to the region. One question remained: how could Shin Bet control terrorism if it no longer controlled those territories? Members of Hamas intent on jihad are very hard to interrogate, according to Shin Bet. To counter this, they reduce the prisoners' ability to resist. This occurs in the form of sleep deprivation, handcuff positions, and physical shakings. The practice of shaking prisoners came under fire when one inmate died due to the inflicted trauma. Israel's Attorney General and the head of Shin Bet argued this issue to no avail.

Out of frustration for the continuing attacks in Israel, protests against the Oslo Accords took to the streets. This is exactly what Hamas wanted: to make the Israelis suffer. Shin Bet's goal, in response, is to remove the majority of terrorists in order to deter the rest. In the end, Shin Bet leaders admit that they were cruel to the occupied force but they believe that the ends justify the means. That is, protecting Israel is their top

priority, hence the name of the documentary, *The Gatekeepers*.

The existence of a secretive intelligence agency, like Shin Bet, benefits the nation because they are able to operate outside of normal scenarios and are able to gain a better insight into the enemy. This is the most effective way to find the enemy's motive. On the contrary, this same principle can hurt a nation because of the lack of regularity in their scheme of maneuvers. There is too much room for interpretation and no standard operating procedure. While Shin Bet was successful in facilitating the control of Palestinian



Shin Bet Operatives conducting training¹⁰

territory, they failed to detect the first Intifada. They also illegally killed suspected terrorists and tortured many innocent individuals. The U.S. could learn from some of Shin Bet's mistakes. One area is the extensive use of interrogation against suspects. There is no sense

of law and order when the controlling force is able to question people using any means they deem necessary. Second is the lack of standard operating procedures. Any successful agency in the U.S. must have clear, defining regulations in place to prevent legality issues and unusual practices from occurring. In the end of the documentary, the Shin Bet leaders seem very apprehensive about ensuing peace with the Palestinians. While they admit their faults in cruel treatment toward the occupied force, they also believe that victory is the creation of a better political reality. They believe they are capable of winning every war, but will still lose the battle.

Israel's response to terrorist activity varies in severity and effectiveness in preventing and punishing terrorists. One of the

most controversial of Israel's counterterrorism policies is the destruction of houses belonging to people associated with terrorist activity. Efrat Silber explains this practice in her 2010 article "Israel's Policy of House Demolitions..." House demolition came into effect as a result of a "suicide bombing attack in Tel Aviv which killed twenty-one civilians" (Silber, 2010). In essence, Israel needed a way to deter terrorist activity using whatever means necessary. The destruction of homes owned by terrorists, however, is controversial due to the fact that it affects the innocent family members who live there. From a legal perspective, Regulation 119 allows commanders to seize and to destroy houses if the house can be linked to "where the attack was committed" (Silber, 2010). In fact, if the attack occurs from the house, it does not matter who owns the house. At the same time, the house can be seized even if the attack did not occur on that property if the owner committed a terrorist act at another location. If the house, in any way, is connected to terrorist activity, "whether [or not] the wrongdoer owns the property or rents it [,] has no significance" (Silber, 2010). It is important to note that once a house is deemed to be linked to terrorist activity, it is first seized, then demolished. From there, the house may not be rebuilt.

Silber (2010) claims that Israel is in violation of international law. The controversy of this practice stems from Article 46 of The Hague Conventions: "private property may not be confiscated [nor destroyed] due to the necessity of 'military actions'" (Silber 2010). The fact is, demolishing a house due to a terrorist act affects other family members who

also live in the home. Israel, however, claims that the terrorist must realize that his action will affect his family. Deterrence of terrorism trumps the effect that this practice has on innocent lives. While this is not favorable to many, Israel's hostile relationships with other Middle Eastern nations stem from far back in history; there is no tolerance for terrorism in Israel and they are going to great lengths to prove that.

In addition to carrying out actions against terrorists, Israel internally conducts interrogation efforts toward suspected terrorists in order to gain intelligence and prevent future attacks.

Ghazi-Walid Falah offers his perspective after spending time in a prison run by Shin Bet in his 2008 article. He claims that his detention can be analyzed "at three levels: isolation, environmental manipulation, and

assault on the body" (Falah 2008). Shin Bet is very precise in its dealings with subjects in question. The use of isolation is used to ensure that "usable information" (Falah 2008) is not altered by contact with another person. After being taken down to an underground prison cell, Falah's watch was confiscated and he had no sense of day or night time after being held inside for so long. In an attempt to place prisoners under a significant amount of stress, they are exposed to the elements after being inside for long periods of time. According to Falah (2008), interrogators create a situation of "sensory deprivation" for the prisoners to make them very disoriented. Israel's strict policy on terrorism extends to terrorist suspects, like Falah. His story, however, displays some of the flaws in this harsh practice.

"The fact is, demolishing a house due to a terrorist act affects other family members who also live in the home."

Israel's common practice of detaining terrorists suspects leads to further radicalization which can further threaten national security efforts. Boaz Ganor looks into the de-radicalization process in Israeli prisons. It is true that most of the inmates are radicalized long before they are captured. It is the goal of the prison system to "prevent relatively moderate inmates from becoming more radical, and to mitigate the level of radicalization existing among most security inmates" (Ganor, 2011). This helps to reach the desired end state of discouraging the continuation of terrorist activities once released from detention. It is, however, "very rare for "security inmates to completely renounce terrorism" (Ganor, 2011). Partial success is still possible with partial de-radicalization. This mainly occurs from inmates who have a very small background in terrorism. The de-radicalization process occurs by the prison system using rewards and punishments. The choice is left up to the detainees.

Aside from prison de-radicalization among detainees, Israel provides other lessons pertaining to interrogation practices. Robert F. Coulam examines the use of experience and force as they relate to interrogation in his 2013 article, "Skill versus Brutality in Interrogation: Lessons from Israel..." The prevention of torture is rooted in skill and competency on the part of interrogators. Shin Bet "treats interrogation as a special task, requiring the creation of an elite corps of [operators] who know that they are operating in a unique organization" (Coulam, 2013). There is a high level of organization among Shin Bet

interrogators that creates a professional and centralized environment. Even the most senior Shin Bet interrogation official personally conducts interrogations. When searching for the best candidates for interrogators, Shin Bet prefers to hire those with more life experience because "younger interrogators cannot provide... 'emotional complexity'" (Coulam, 2013). This type of criteria should be used by other agencies around the globe because the focus is placed on experience, not on-the-job training. Interrogation skills take years to master and there is no room for error. Every interview has the potential to reveal significant levels of valuable intelligence. With skill, there is no need for torture. Other than interrogation and interview techniques, interrogators must be trained extensively on the "language, culture, religion, and ideas of the suspects" (Coulam, 2013). This helps to ensure that the interrogator is able to fully understand what runs through a suspect's mind.

The only way to get into a subject's head is to understand their mindset. For Shin Bet, knowledge about the Palestinians is crucial in understanding how to protect the people of Israel. Finally, the use of specific teams performing interrogations is a lesson that could be used by other intelligence agencies. Shin Bet uses teams of interrogators so they "never work alone" (Coulam, 2013). This allows for a senior interrogator to be present with a junior interrogator to provide different approaches toward the detainee, as well as to lend experience to the newer interrogator on the most effective practices that are used. All



Israeli Prime Minister Binyamin Netanyahu and members of Shin Bet¹¹

of the described techniques used by Shin Bet interrogators are based on many attempted successes and failures. These valuable lessons can prevent serious incidents of torture and brutality by other nations, if adopted.

In order to face new global threats, Shin Bet works proactively, not just reactively, using interrogations which occur after some form of hostile action. One of the growing threats for Shin Bet is China who continues to expand trading efforts with Israel. In response, a new “unit is being set up in view of the advancing trade ties with the Chinese, and it will collect and analyze intelligence on China, and review and oversee trade relations” (Golan, 2005). This trade partnership is crucial to the Israeli economy and is paramount to the safety of civilians associated with trade. The Chinese threat contains much potential and threat mitigation will occur with Shin Bet “identifying Chinese elements that could harm national security” (Ofer, 2013). This unit requires Shin Bet agents to be proficient in the Chinese language so they are able to prevent spies from entering into the nation, as well as ensuring that “they are only here for work-related purposes” (Ofer, 2013). It is also important to note that China is an ally with Iran, one of Israel’s regional enemies.

Aside from acquiring Chinese-speaking agents, Shin Bet, from a strategic perspective, is launching recruiting efforts to target “young national-religious Zionist women to its ranks” (Cessna, 2000). This is the first time that such a recruiting effort has been launched. The women “will be initially deployed as field agents, but will serve in the Shin Bet’s professional and operational apparatus” (Cessna, 2000). With all of the growing threats, the agency is using novel resources. This also improves relations with the settlers in the country.

While Shin Bet has displayed its commitment to protect the Israeli people,

some believe that their efforts go too far. One example is Shin Bet’s targeting of the Arab population. The agency calls Arabs a “strategic threat” (Haydar, 2007). Many feel that this type of targeting is not fair. It garners a feeling of inferiority and fright among Arabs in Israel. Shin Bet, however, “bases its remarks on the principle of ‘defensive democracy’” (Saydar, 2007), making it seem as though the focus is on safety instead of democracy and equality. A true partnership, however, would involve Shin Bet leaders working with Arab leaders to prevent inequality and to ensure safety for all.

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Entryway by Michael Kecken



John 8:12 by Erika Sineath

Pizarro's Conquest of the Inca

By Luke Baker



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ABSTRACT

This paper examines Francisco Pizarro's campaign to conquer the Inca Empire in what would be the first step in the eventual Spanish domination of South America. Pizarro managed to bring down the largest empire in the world at the time with just a few hundred men and his own ambition and cunning. Had Pizarro failed in his mission, Spain would have been deprived of the vast gold and silver mines that enabled it to be the most powerful nation in the world in the 16th century. Additionally, the Inca Empire, armed with new knowledge of its opposition, would likely have managed to resist Spanish domination for decades, if not longer.

The story of Francisco Pizarro's conquest of the Incan Empire is an enigmatic one. There are hundreds of legends swirling around the confusing events of the Incan Civil War and the empire's ultimate conquest by the Spanish. What we do know for sure is that Francisco Pizarro, with only 180 men, managed to conquer the largest pre-Columbian empire in American history and formed a beachhead for Spanish conquest and colonization of South America. A variety of factors were involved that ultimately enabled Pizarro to pull off such a miraculous stunt: notably, division and civil war among the Inca's, superior Spanish weapons and technology, the Inca's general ignorance of the Spanish, and perhaps most importantly, great daring and luck on the part of the Spanish invaders.

The Incan Empire, as it is known to the western world was founded sometime in the 1100's by a group of pastoral farmers. They settled down and would eventually found the city state of Cuzco where they would herd llamas and alpacas. Fairly primal by European standards, the Inca's lacked any form of written language and worshipped a polytheistic pantheon of gods notable for the use of human sacrifice. The Inca faced few serious rivals who could contend with them and this allowed them to secure much of the coast of the Pacific Ocean and nearly the entire Andes with relative ease. Once they had conquered most of the Andes, they set up a system of government wherein four separate regions were established as governing districts. Apart from those four was the city of Cuzco, which was part of none of the regions, similar to Washington D.C in the United States. The ruler of the empire was known as the "Inca". Inca, therefore, is a title similar to King and not the name for the people as a whole. The people that the west knows as Inca refer to themselves as the Tawantinsuyu, which roughly translates to

“the four regions”. This obviously refers to the practice of dividing the conquered territory into four separate districts. The Incan Empire faced little internal troubles until the arrival of Europeans on the continent.

In the 1520's, Pizarro landed in South America for what would be the first of three expeditions to the continent. With his landing came the disease small pox, already known for decimating native populations in Mexico and the Caribbean. The disease tore through the Incan Empire and thousands began to die from the disease. Intent on confronting the invaders, the ruling Inca of the Empire, Huayna Capac traveled north with his first born son and probable heir, Ninan Cuyochi. This proved to be a fatal mistake as the Inca quickly caught smallpox as well as his son. Both died without confronting the Spanish, and the Inca died without designating an heir. Huayna Capac was survived by his two sons, Atahualpa and Huascar Capac. Huascar had a legal right to the throne, after all, not only was he his brother's elder, but he was also trueborn and his mother and father were brother and sister; this added legitimacy to his rule in Incan tradition. Despite this, his bastard step-brother Atahualpa posed a serious threat to the throne. Atahualpa was considered by most to be a better character than his older brother and he had the support of the armies in the north of the empire. These troops were combat tested and had seen combat against other native tribes in the area that is now Columbia.

Huayna was eventually placed on the throne of Cuzco by powerful nobles in Cuzco and he demanded fealty from all the other powerful lords and governors of the empire. This was replied to swiftly from Atahualpa who sent his right hand man to Cuzco with a traditional offering of gold and silver as homage to his brother and now Inca. This was immediately treated with suspicion by Huayna who found it all too convenient and easy to win his brother over so quickly and with so little opposition. Atahualpa had developed a bit of a reputation over the years for scheming and was known for being very Machiavellian so perhaps in the interests of playing it safe and not putting faith in his brother only to be stabbed in the back later, Huayna murdered several of his brother's messengers and sent his right hand man back to Atahualpa with a declaration of war. The civil war quickly turned into a regional conflict as the northern, more warlike region declared for Atahualpa while the south, focusing primarily on agriculture and grazing stayed loyal to the Inca.



The death of the last Inca, Atahualpa⁶

Despite his reputation for cunning, it was to be Atahualpa who fell into the first trap of the war. As he moved his army south to confront his brother whom he expected to await his arrival, his army was ambushed and his retinue was either slaughtered or driven off in surprise attack and Atahualpa himself was captured. Atahualpa was able to eventually escape from prison and regroup his forces. Not dismissing his opponent so lightly now, Atahualpa drove his army south encountering

stiff resistance all along the way but decisively winning nearly all important engagements. The war reached the climax at the Battle of Cuzco where forces loyal to Atahualpa took the city and immediately purged the city of Huayna's supporters and captured the Inca. Atahualpa received this news in the city of Cajamarca while at the same time receiving news of a Spanish force crossing the border into Incan territory led by the dangerously brave conquistador, Francisco Pizarro.

Pizarro was born the bastard son of a soldier to a woman of little income in Spain in either 1471 or 1476. He would grow up illiterate and, given his very humble beginnings, it would seem unlikely that he would be as successful as he was. If there was anything that appears consistent throughout his life it is his tremendous good fortune coupled with the ability to persuade people and to convince those people to put their faith in him. He managed to find a way to illegally board a ship to the new world and there he found employment

as a sword for hire in expeditions and would take odd jobs here and there. His big break came when he was tasked with bringing in Vasco Nunez de Balboa, notable for being the first man to cross the Americas' to the Pacific Ocean, on what were very likely trumped up charges of treason. Despite the dubious nature of the allegations, Pizarro did his duty and arrested Balboa. In return for his service he was awarded governance over Panama City and that is when his career truly began.

There was a persistent rumor from a variety of sources, primarily native chiefs as well as Spanish missionaries and explorers that the land to the south of Panama, known as "Piru" was filled with vast quantities of gold and supposedly the fabled City of Gold. Pizarro would have known of the success of Hernan Cortes and his conquest of the Aztecs and the great wealth and glory that he found in Mexico and Pizarro was inspired to attempt his own conquest. His first expedition into Columbia was met with a dismal failure as they made little progress south and everywhere they went they encountered hostile natives or bad weather. Pizarro turned back intent on

trying again. Two years later Pizarro launched another expedition and was met with similar issues leading to a significant drop in morale. Pizarro struck pay dirt though when he was able to capture a native ship that was sailing down the river with valuables such as

fabrics and ceramic goods

but, most importantly, the ship was carrying gold and silver. Before attempting to go further south however, Pizarro judged that more manpower was going to be necessary and he sent his second in command back to Panama to recruit more men. The governor of Panama shut down the expedition though as he was losing faith in Pizarro's expedition. He sent a man with two ships to retrieve Pizarro. This was bound to fail as the ambitious Pizarro was not going to be stopped now and when confronted by the governor's deputy, drew a literal line in



Pizarro draws the line in the sand/

the sand between the two of them and told his men to choose between returning to Panama with nothing and continuing the expedition. Out of roughly 200 men, only 13 chose to remain with Pizarro and they journeyed south.

Pizarro's overall goal was to find some peaceful natives that he could meet, so that he could obtain intelligence on where he was and if there was any wealth to be found there. Finally after more than thirteen months since he left Panama, Pizarro landed in Peru and was welcomed by a native tribe. When he landed, his men saw for the first time a Peruvian llama and had observed that the tribal chief's hut and possessions were liberally adorned with gold. Another key piece of information that the Spanish noted that this was not a small independent tribe, but rather a tribe that was ruled by a great king, far to the south who had riches beyond counting. With this new knowledge Pizarro returned to Panama and asked for

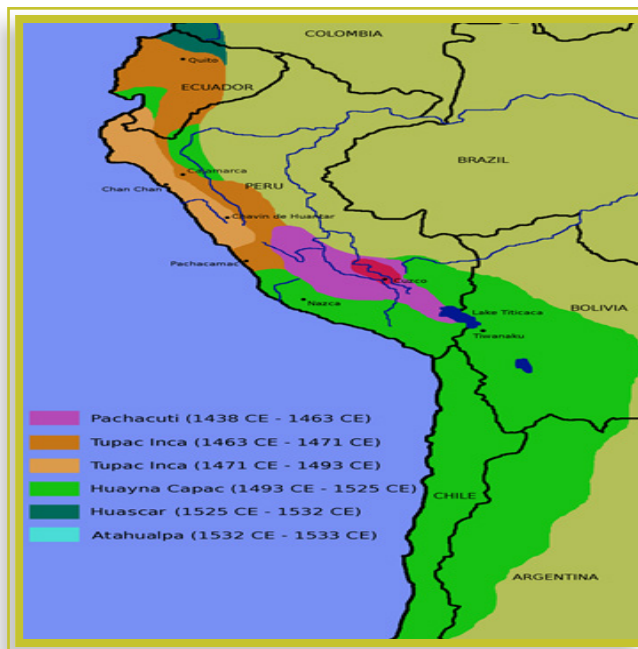
permission from the governor to launch another expedition. This request was turned down, but Pizarro was given permission to take his request all the way to the top, to King Charles I of Spain. Pizarro traveled back to the old world where Pizarro managed to get lucky and Charles I had stopped in Toledo on his way to Italy. In Toledo, Pizarro presented Charles with the gold and silver that he found in Peru and also with llamas and several natives that Pizarro had taken prisoner. Impressed with the conquistador, Charles gave permission to

recruit more men and granted him sweeping powers over any land that he conquered. In 1531 Pizarro landed near the coast of Ecuador and he quickly founded the first Spanish settlement at San Miguel de Piura.

The arrival of the Europeans did not go unnoticed by the Incans and they were increasingly worried at who these tall white men with beards were. Pizarro continued to march inward and converged on the city of Cajamarca, where they encountered the Inca

Atahualpa. Many of the Incans believed that they were dealing with gods and were intimidated by the Spanish. There was a preliminary meeting between the two leaders which amounted to little more than Pizarro demanding the subjugation of the Inca and that demand being more or less ignored. The two leaders came to an agreement to meet the next day in an attempt to come to some sort of diplomatic agreement. Pizarro had other plans for the meeting

however. Atahualpa had with him nearly eight-thousand men, most of whom were experienced veterans of the Incan Civil War and the Incan wars of conquest. Pizarro had to have known that, if negotiations failed then the Spanish with only 180 men, stood little chance of military victory regardless of their technological superiority. Furthermore, it was important for the Spanish to maintain this air of invincibility and mysticism and the longer that the Spanish interacted with the Inca, the more mortal they would appear. Pizarro



Map of Inca Empire Development⁸

needed to take decisive action and quickly. It was very likely that the entire Incan army, nearly 250,000 strong, would be heading his way very soon and he could not afford to turn back and try to gather more reinforcements. He decided on a bold, albeit, dishonorable plan. When negotiations between the Spanish and the Inca began, Spanish soldiers would spring a trap and attempt to capture Atahualpa and use him as a hostage to seize the empire.

Once again lady fortune smiled upon Pizarro as Atahualpa made a crucial mistake. In what must have been a misguided attempt to show self-confidence, Atahualpa left nearly his entire army and with only a small retinue, whom he also ordered to disarm, went to meet with the Spanish. When Atahualpa got to the negotiation site, the Spanish attempted to convert Atahualpa to the Catholic faith. This was doomed to fail from the start and when Atahualpa was presented with a Bible he merely tossed it away, dismissing the holy text. When it was clear that Atahualpa would not bend the knee, the Spanish launched their attack. Harquebuses fired and horses charged the Incan delegation while steel armor clad conquistadors cut to pieces Atahualpa's personal guard. The Incans, who had never seen horses or any form of firearm, were terrified. They panicked and ran or were cut down where they stood with little effort as they attempted to defend their Inca. The main army, the eight-thousand men that Atahualpa left behind were totally routed as they turned tail and ran as the survivors of the massacre reached their camp. Pizarro had achieved a great political victory. The emperor was in his possession and Pizarro's second in command arrived moments later and tripled his force to nearly 500 men and 60 horse. Using the emperor as a bargaining chip, Pizarro dispersed the Incan armies and demanded in ransom a full room filled with gold and two

rooms to be filled with silver. Pizarro would renege on his promise to keep the Inca safe as he was soon strangled on Pizarro's order on charges of idolatry, polygamy and incest. While the charges were not incorrect, those were all societal norms in the Incan Empire and incest was even actively encouraged.

Pizarro would quickly subjugate most of the Incan Empire and he established a series of puppet rulers, usually relatives of Atahualpa, to increase their legitimacy. Pizarro soon departed Cuzco and he left his brothers in charge of Cuzco. This provided an opportunity for the puppet ruler, Manco Inca, to launch a rebellion. Despite initial success, they proved incapable of handling Spanish siege weapons. Manco retreated deeper into the Andes where he would launch a series of guerilla wars before finally being conquered thirty years later.

The Spanish were successful due to a combination of factors with the most important being outstandingly good luck and timing. The Incan civil war was totally catastrophic for the Empire with some sources indicating that nearly 75% of the Incan population was killed by end of the war from a combination of warfare and the smallpox epidemic that ran rampant throughout the Andes. The tactical advantages the Spanish possessed were also crucial with the weapons and equipment that the conquistadors possessed being totally unknown to Incan forces, particularly horses and rudimentary firearms.

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Home Sweet Home by Patrick Clancy

Berserkers, a Method to their Madness

By Jason Kline



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ABSTRACT

History is full of fables of heroes, villains, and their horrific encounters. The tales include the characters accomplishing extraordinary feats of strength and stamina. In modern times, people consider such things fabrications passed down by societies to impart knowledge to the next generation. However, what if the stories had some truth to them? The Viking told tales of warriors who would feel no pain and exert innumerable amounts of strength, they were called Berserkers. Unlike other tales of the old world, this unique class of warriors may have a scientific explanation for their extraordinary reputation. The theories behind the berserkers' rage are explored within this paper in an attempt to put credibility to the Viking's tales of such incredible warriors.

Vikings have always been seen as a mighty seafaring people that struck fear and awe into their enemies' souls. Their brutal raiding tactics, weapons, and reputation alone are enough to intimidate any worthy force in early Europe. However, there is one group of elites within the Viking's armies that stood out from the rest. This group of ferocious warriors is referred to as the berserkers or "Odin's men". There have been claims that they felt no pain in battle and acted like wild dogs, killing everything in their path on the battlefield. They were the king's last resort in a battle, only sent to help support an area that seemed to be failing. They dealt hefty damage to the opponent's forces and crippled their men with fear. They were shamans as well, tinkering with the occult to achieve their desired state of battle euphoria. The source of their secret art is still under question by many scholars today. There are some who conclude that factors such as sorcery, drugs, alcohol, mental illness, and disease may have caused the berserker's rage. However, upon closer look into their symptoms, berserkers' rage and strength were largely influenced by self-induced hysteria and adrenaline triggering rituals.

The Viking's number one warriors were well known throughout Europe for their god like strength, invulnerability, and devastation. In Snorri Sturluson's Ynglinga Saga, he said, "Odin's men went armor-less into battle and were as crazed as dogs or wolves and as strong as bears or bulls. They bit their shields and slew men, while they themselves were harmed by neither fire nor iron. This is called "going berserk" (S. Sturluson, Laing). Everything they did was designed to strike fear into the enemies' hearts. They were unlike other warriors in many aspects especially because they wore no armor when going into battle. Their name "berserker" gives credibility to this statement because the word can be broken

down into “bear or bare” and “shirt”. Therefore, it is likely that they get their name from going into the battle completely naked besides an outfit or pelt made from a bear’s pelt. The significance of the bear pelt comes from their roots within a cult that worshipped the bear as their animal totem in order to be possessed by it. The significance of the lack of clothing is largely influenced by the self-induced madness that would overcome the warrior before battle. The berserkers would show other signs that were characteristic of a trance such as getting purple in the face, shivering, chattering of teeth, biting their shields, pulling their beards, intense rage, incredible strength, acting mad, and feeling no pain. These signs helped produce the many different theories that attempt to explain the causality of the berserker’s rage. (McCoy)

Scholars have narrowed down the list of theories to five possible explanations for the causality of the berserker’s rage. One commonly held view comes from Samuel Lorenzo Odman, a Swedish theologian who in 1784 concluded that berserkers must have used some sort of mind altering drug from the local vegetation. He said “I am not of the opinion that these ecstasies can be explained as effects of a peculiar temperament or of autosuggestion because...they were not able to keep up their hated arrogance between paroxysm” (Fabing 232-237). He believed that it was by some sort of plant or herb that was kept secret for fear of the enemy uncovering the truth. However, others believe that the Vikings could have used other available herbs and fungi such as Bog Myrtle or Amanita Muscaria to acquire the euphoric battle high desired. Bog Myrtle is a plant that grows in Scotland with many medicinal benefits and is most popularly used to flavor beer. However, it is known for giving severe headaches rather than symptoms that correlate with the berserker’s rage (T.

Sturluson). The fungi, Amanita Muscaria, has hallucinogenic properties when ingested which at first may sound like it explains the berserker’s actions. However, the symptoms of ingestion are counterintuitive to an effective warrior. The symptoms may include euphoria, hallucinations, muscle jerks, drowsiness, sweating, pupil dilation, and increased body temperature (“Hallucinogenic Mushrooms”). The effects of a stimulant better correlate to the behaviors of a berserker as opposed to a hallucinogenic or a headache causing herb. It is true that other pagan tribes in other areas of Europe were using hallucinogenic mushrooms as a part of their rituals. However, Vikings did not have access to these mushrooms, and if they were to have used them as a way to prepare for battle, they would be setting themselves up for failure. Therefore, it is highly unlikely that the Bog Myrtle or Amanita Muscaria was the secret to their strength and invulnerability in battle.

Vikings are known for their love of mead and other intoxicating beverages. Mead is simply fermented honey that turns to alcohol when mixed with other substances such as vinegar. The effects of mead are similar to that of alcohol, which is a depressant. A depressant reduces the functioning and processing of the human body and mind. Some scholars argue that it is possible, that before battle, the berserkers could have gotten themselves into a drunken rage before going into battle. This may explain a few of the symptoms of the berserker rage, however, it is highly unlikely. The reason for discounting this theory comes from the effects that alcohol has on the brain and motor skills. According to the National Institute on Alcohol Abuse and Alcoholism, “Alcohol interferes with the brain’s communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder

to think clearly and move with coordination” (“Alcohol’s Effects on the Body”). Being under the influence of alcohol hinders the motor skills and decision making parts of the brain, which are essential to a warrior in the heat of battle. Intoxication by mead or other alcoholic beverages may explain the blind rage and weakness after battle but cannot account for the berserkers’ renowned fighting skills during the battle. That is why drunkenness does not fit the characteristics of a berserker and is not a completely legitimate theory to explain their behavior.

To reach such high levels of psychological excitement in such short burst, many scholars turn to psychological disorders and pre-existing medical conditions to

explain the behavior of these warriors. The two most commonly referred to psychological disorders are manic depression, also known as bipolar disorder, and epilepsy. At a first glance manic depression looks like a possibility, however, upon closer examination, the pieces do not fit together. Manic depression is a disorder that deals with extreme lows and highs in moods, commonly referred to as high energy episodes. The frequency, duration, and severity of these mood swings varies by person and situation. The theory revolves around the berserker community using this pre-existing medical condition for their advantage in battle by learning to control it to an extent. The symptoms of bipolar disorder involves sleeplessness, sometimes for days, along with hallucinations, psychosis, grandiose delusions,

or paranoid rage (S. Sturluson, Lefolii). These symptoms seem to fit with the description given by Snorri Sturluson with being crazy and having fits of rage. Anger and fits of rage can be provoked by certain triggers to people suffering from bipolar disorder such as high pressure situations and stressful events which could all be recreated by the berserkers before battle. However, someone cannot be trained to become bipolar, it is a disorder caused by genetics. According to the National Institute

of Mental Health, bipolar disorder affects about 2.6% of the American adult population (“Bipolar Disorder”). This number is large enough to make the disorder not rare but still not common. Therefore, it is highly unlikely that the berserker gang of men were all comprised of

people who suffered from bipolar disorder. It may be possible that some of them might have suffered from it, but the likelihood of all of them suffering from it is next to impossible. As for epilepsy there is almost no correlation between its symptoms and the berserker warriors’. Epilepsy’s one and only visible symptom is having a seizure. Seizures can happen in a few different ways. Certain seizures contract the muscles and cause them to jerk, while others make people stare, twitch, or smell and see things that are not there. It deals with the electrical current within the brain, and is triggered when abnormal electrical activity is present (“Epilepsy Health Center). They are without warning and generally debilitate the person suffering from them. If anyone were to have a seizure due to epilepsy, they would

“To reach such high levels of psychological excitement in such short burst, many scholars turn to psychological disorders and pre-existing medical conditions to explain the behavior of these warriors.”

not be in the fight very long nor take many down with them. The symptoms of epilepsy have nothing to do with those described by Snorri in his Ynglinga Saga. Therefore it can be discounted as a possible theory.

There are many sagas that reference the berserkers and their rage and success on the battlefield. One in particular springs forth another theory that is not as commonly held as the others. In Egill's Saga, the main character, Egill, was a renowned warrior poet who was also a famous berserker. One of his defining characteristics was his ugliness, especially in his face. The saga says that "Egill had very distinct features, with a wide forehead, bushy brows and a nose that was not long but extremely broad. His beard grew over a long, wide part of his face, and his chin and entire jaw were exceptionally broad" (S.



Paget's Disease¹²

Sturluson). Some scholars take these types of passages and associate them with a rare bone disease known as Paget's disease. Paget's disease of the bones, according to Dr. Ann Poncelet, is basically the uncontrolled growth of certain bones such as the skull, spine, and femur (88-90). When it affects the skull it causes it to become deformed, which could be why Egill has such a large and unattractive head. One of the major symptoms, when it affects the skulls, is the compression of the brain stem and cerebellum which causes severe pain. Scholars take this small bit of information from both sides and string the two together

to form a faulty theory for the cause of going berserk. They assume that the pain that one would go through while suffering from Paget's disease would be enough drive a warrior into a rage filled fury. Afterwards they would become weak similar to the accounts in the sagas of the berserkers (Santo). However, there are too many flaws to this theory in regards to the symptoms to Paget's disease. According to Dr. Poncelet, some of the symptoms include "headache, brain stem and cerebellar compression due to basilar invagination, Dementia, hydrocephalus, Parkinsonism,

epilepsy, and cranial neuropathies" (88-90). All of these symptoms of the compression of the brain would hinder a warrior from fighting, rather than push him onwards. The severity of the disease's effects on the body was overlooked by those who hold to this theory. This theory,

takes some of the facts from the sagas and modern

medicine and tries to piece them together while completely ignoring the rest of the truth. Therefore, this theory is discredited in light of the severity of the symptoms for Paget's disease.

Scientists and scholars alike have been trying to find a cause for the behavior of a berserker. They try drugs, alcohol, mental disorders, and even disease to explain their nature. However, what if the answer to this dilemma is simpler than all the already mentioned theories? The berserker warriors were known for being both warriors and

shamans. They practiced many ritual arts that involved worshipping their chosen animal totem. Author Dan McCoy explains that the shaman-warriors are initiated by “a symbolic death and rebirth, whereby the shaman-to-be acquires his or her powers...they spent a period in the wilderness, living like their totem animal and learning its ways, obtaining their sustenance through hunting, gathering, and raiding the nearest towns” (McCoy). They were deep into the arts of possession of their animal totem by certain rituals and practices to reach a self-induced hysteria within them. This self-induced hysteria caused by rituals are sufficient enough to explain most if not all the symptoms of being in the berserker trance mentioned in many of the sagas.

Hysteria is “a psychoneurosis marked by emotional excitability and disturbances of the psychic, sensory, vasomotor, and visceral functions” (Merriam-Webster). Hysteria does not have to be a chronic psychological disorder, but can also be caused by one’s own mind. Mass hysteria is an emotional suggestion spread through the words and experiences of many people. The mind’s response to its environment plays a key role in the body’s performance and can be seen in many Olympic athletes’ training. To athletes, it is called “arousal control” in which the somatic and cognitive sides of performance go hand in hand. USA Swimming has extensive techniques for taking the physical and cognitive symptoms of arousal and turn them into a more controlled state (“Arousal Control”). However, the Viking warriors were clearly trying to evoke the opposite effects

upon the mind and body. Instead of using deep breathing, relaxation, and positive self-talk to achieve control like the athletes, they would jump, yell, scream, etc. to achieve an excited state. The key to their rituals is the release of adrenaline into the system before battle. They used a series of adrenaline specific exercises and meditations to create within themselves a heightened emotional state that would cause them to not feel pain in the moment, have greater strength, and then become very weak afterwards.

“Hysteria is “a psychoneurosis marked by emotional excitability and disturbances of the psychic, sensory, vasomotor, and visceral functions”

Adrenaline, or epinephrine, is the body’s natural fight-or-flight response to environmental threats and stimuli. The brain gives signal for the body to secrete adrenaline from the adrenal glands within the kidneys in any situation where the

mind perceives a real or imaginary threat to its survival. Dr. Michael Mantell, a renowned behavioral scientist, explained how adrenaline in the body causes increased heart rate, breathing, blood glucose, muscle strength, oxygen in large muscle groups, dilation of eyes, and sweating (Mantell). All these factors add up to peak physical performance of the body and mind for a short period of time in order to ensure survival. When more oxygen and glucose are pumped in the major muscle groups, large amounts of quick and explosive energy is made available and therefore increases strength and endurance. In addition to peak physical performance, the hormone epinephrine affects the sympathetic nervous system as well as the hypothalamus. The hypothalamus in particular regulates many things within the body including anger,

aggression, pain, and much more. When released into the body, epinephrine does more than improve physical performance, but also blocks the brain's response to pain. All these are beneficial to fight or flight. However, the down side to an adrenaline high is the crash afterwards. Once the body has tapped into its glucose and oxygen reserves and depleted them, the body is left weakened. The rapid burning of such fast energy is quickly used up by the body. The heightened state of physical performance can only be kept up for a short period of time before reverting back to its original state. Overall, adrenaline heightens the body's physical and mental response to stressful situations such as danger, vigorous exercise, and/or excitement. The ability to spark this adrenaline at the right time, through various rituals, was the key to the Viking berserker's success on the battlefield. (Mantell)

“While this fury lasted they were afraid of nothing, but when it left them they were so powerless that they did not have half of their strength, and were as feeble as if they had just come out of bed from a sickness”

The Viking warrior-shamans had learned how to tap into their body's natural energy source. They used adrenaline to achieve their battle high through means of self-induced hysteria and adrenaline producing exercises. What they went through was a mixture of spiritual and mental concentration techniques followed by vigorous ritual exercises. Throughout this pre-war ritual, the warrior-shamans were asking for Odin's help in battle by letting their animal totem possess them with its ferocity. What they did not know was that they were really tapping into their body's own strength reserves and accompanying that with

suggestive thoughts and mass hysteria. This process started with certain dances, leaps, and postures that use large muscle groups within the body in order to produce adrenaline within the body. Then they would target other ways to release epinephrine by using pain. Certain sagas speak of the Vikings pulling their beards, biting their shields, making their faces purple, and even cutting themselves. The body's reaction to pain would set off the release of adrenaline even more. Other steps could have included other means of excitement such as yelling, screaming, and grunting. Then finally, once the body is ready, the final step is the spiritual possession. This includes other worshipful practices such as wearing the skins of the bear and prayers to Odin to finalize the possession of the totem animal (“Berserkergang”). When the totem animal would come upon them, the process was complete. The only thing they had to do

was fight to keep the adrenaline high up. That is why Hrolf's Saga says “On these giants fell sometimes such a fury that they could not control themselves, but killed men or cattle, whatever came in their way and did not take care of itself. While this fury lasted they were afraid of nothing, but when it left them they were so powerless that they did not have half of their strength, and were as feeble as if they had just come out of bed from a sickness. This fury lasted about one day” (“The Saga of King Hrolf Kraki”). At the end of the battle, the glucose and oxygen in their blood would have been used up and they would no longer have had the adrenaline in their system. That is when they

would have started to feel the wounds that were inflicted upon them during battle. This would have made them sick and weak immediately following the battle as the saga depicts. Having no armor they would be more likely than other warriors to have sustained some sort of injuries while exhausting themselves during the battle. This could explain the feebleness experienced by the warriors after the battle was over and everyone was dead. The simple, yet ingenious, method of utilizing the body's own sources of natural energy in battle is the most likely explanation for the mystery behind the berserker's rage.

Often times, when people encounter things they do not understand they try to come up with unconventional ways to explain them. When it comes to history, what tends to happen is that the answer was clearly portrayed from the start from the primary resource. The problem is that people become skeptical and do not count the primary source as credible and overlook the evidence. In the case of the berserks, the texts such as Hrolf's, Egil's, and Ynglinga Sagas were providing the answers about the ways they would be before, during, and after the battle. They all seemed to point to a set of rituals they performed that were supposed to bring about the possession of their totem animal by means that were, unknowingly to them, causing the release of adrenaline. The adrenaline then gave them the vigor and madness to hack their way through any enemy in their path, and then cause them to become weak afterwards. All the symptoms and affects parallel each other and the means of obtaining these affects would have been reachable by any Viking willing to become a berserker. That is why the berserkers rage and strength were largely influenced simply by an intricate, self-induced hysteria followed by a series of adrenaline triggering ritualistic exercises and routines before combat.

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