

After each 2 or 3 second break when she removes an additional piece of clothing the audience promptly applauds. What a polite audience. A polite audience which is mostly men in their early thirties to mid-forties wearing their leather team jackets and crumpled ski wear. One member in particular keeps his gaze fixed on the back of my girlfriend's head. A study in determination. Now, *that* man has a purpose in life - to examine the back of a head. He hopes for the magic moment of recognition. But unfortunately and much to the disappointment of his stare, she does not respond with the eye in the back of her head. That's alright, he'll stare at her nose then, he's in no rush. His buddy grows impatient and constantly whispers "Ask'er how much."

Lindsay is still grinding away now minus all her delicate sequined pieces. She struts up and down the stage area working away at the beat, keeping it moving, bending it over and under. Through and around exercise. The audience grows intent over the spectacle and ever so quiet, almost reverent. When the music lulls you can hear the soles of her shoes clomp on the floor.

Between dancers various pinup poses are flashed onto a wall at the end of the room. Some sort of sheet serves as the screen. Some are of the Penthouse variety - knees up, legs spread - but most are fifties style porno shots. Girl wearing garter belt and girdle fondling her breasts. Girl standing in open polka-dot housecoat beside a tree. Standing in underclothing at the beach. There's only about 15 slides in all so if you miss it the first time you'll be sure to catch it the second time. For maximum numbing value be sure to stay for the fourth time. I did.

Go out there and wow 'em kid. Lindsay's more or less in a calypso position now with a black negligee spread over her. Her movements are slower and she's straining every muscle for *the provocative effect. In a moment of*



distraction I look at the brick wall beside me and at the sign above which reads "THIS STORE NOT FOR SALE". I look to the audience and then to Lindsay but I fail to make the connection.

Muscles. What? Look at the muscles, she sure must have muscles. The girls are nodding their heads in agreement. Yeah, I suppose, I say, trailing off into mumble, searching the room. Each intermission an old lady always has a different guy. They all perform like lovers, so sincere and full of tender little gestures. That's her fourth, I think, but then again who's counting?

Suddenly the music and lights cut out and Lindsay scoops up her act and heads for the door. Pierre, the owner, has a flashlight and is poking around tables and chairs. A character trails after him looking for his precious car keys. He tries to shrug it off but it bugs him more and more.

The three of us stand up to leave under the scrutiny of the mad starrer. I imagine that he'll probably follow us outside and accost her. I'd have to put on my chivalrous role and get flattened for my effort and the whole screaming incident would fade from thought as I lose consciousness. But the mad starrer just sits there staring, of course. I can't stand people who stare.

Beware: fibre can kill!

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Healthful food

By now most people are aware that a strict vegetarian diet can be adequate nutritionally, palatable and interesting. In fact, strict vegetarians may have a lower incidence of heart disease and some kinds of cancer. On the other hand, intestinal problems such as ulcerative colitis are aggravated by the high fibre content of a pure vegetarian diet.

People who eat no meat or animal products are also prone to vitamin B12 deficiency, with nervous and blood disorders. Vitamin B12 is produced by bacteria, and is incorporated into animal, but not plant, tissues. Thus a vegetarian could avoid this problem by eating dried bacteria, B12 supplements, or animal products. The last of these appears, in our culture, to be both the most acceptable and the most convenient.

Why then, do some people not eat meat or animal products? There are at least three reasons for this:

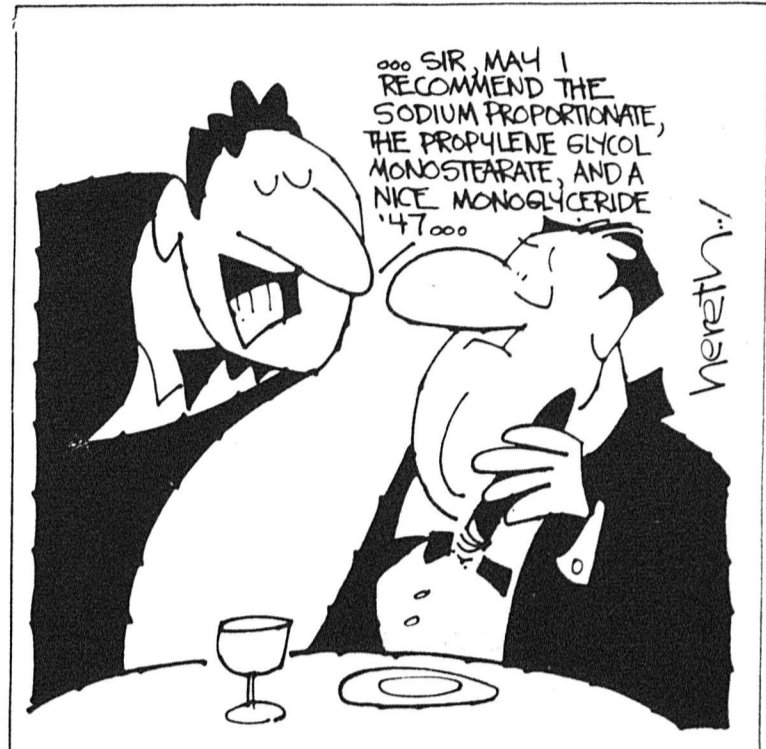
1. It is morally wrong to kill animals. (This obviously does not apply to eating animal products).

This argument may be based on divine revelation, in which case it cannot be rationally argued with, or it may be based on the 'one-ness with nature' premise. This premise does not necessarily lead to vegetarianism, however.

On the one hand, fatal and debilitating diseases, and tooth-and-claw slaughter are as much a part of nature as love, cooperation and respect for life. On the other hand, people are natural beings, like it or not, since we arise from, and are integrally connected with, the natural web of life. If we are nature, then anything we do - murder each other or whatever - is 'natural'. This argument leads from everywhere to everywhere: no conclusions are possible.

2. A vegetarian diet is more healthful than one which includes meat or animal products.

If a vegetarian diet is eaten with all due proper care and attention, this may or may not be true! On a practical level, however, "all due proper care and attention" is quite time consuming, and may detract from writing poetry, listening to music, or frolicking in the snow. Eating some meat and animal products is, quite simply, a more *convenient* way of assuring oneself a balanced diet.



3. People in the affluent west, in order to produce meat, are consuming a disproportionate share of the earth's resources.

This argument, based on a premise of reasonable land and resource use on a small, finite, crowded planet strikes me as being the vegetarian's strongest defence. One acre of ideal land, if used to produce beef, may provide 77 person-days of protein. If used to produce soybeans, 2,224 person-days of protein may be provided.

But not all land is ideal: vast areas of land will not support soybeans or even, without massive technological intervention, wheat. Much of this land *will* produce, naturally, materials not utilizable by people, but converted by cattle,

sheep and goats into high quality protein. As an aside, fish are excellent converters of materials, such as insects, which people could eat but seldom do.

On balance, the "small planet" argument certainly points to an overall reduction of meat consumption, especially in the overdeveloped west, but not to a removal of meat and animal products from the world's diet.

In the context of reasonable land use, we should also carefully reconsider where animals are raised. The survival of our planet could certainly be given a better chance if meat production were phased out in some areas.

Healthy animals

Given that we accept at least animal products, such as milk and eggs, as part of our diet, we still need to resolve how these animals are raised. What kinds of conditions are most conducive to the well-being of the animals? Under what circumstances do we get the best and/or most product?

Little research has been conducted to answer these questions. Much of what has been done concerns poultry, but reference will be made to other species, where possible.

Some people feel that if animals are raised under intensive, high energy input systems, we end up with an inferior product. Certainly it is inefficient to feed high grain rations to cattle crowded into a feedlot. The high-fat product is a liability to anyone's menu.

Free-running poultry produce eggs with more golden yolks and higher quality albumen (whites) than caged birds, but in this case looks can be deceiving. The degree of yolk colour is directly correlated with the amount of xanthophyll, a plant pigment, in the bird's diet, and not with the amount of Vitamin A available to the human consumer. You can also obtain a golden yolk by feeding the birds a dye - a not uncommon practice in some parts of the world, supposedly to please misinformed consumers.

Secondly, albumen quality, in the egg producer's jargon, refers to such aesthetic parameters as "whipping ability", and has nothing to do with nutritional quality. The quality

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