

# Gesundheit!

by Uncle Walt

One farmer says to me, "You cannot live on vegetable food solely, for it furnishes nothing to make bones with," walking all the while he talks behind his oxen, which with vegetable-made bones jerk him and his plow along.

—Henry David Thoreau

Vegetarianism is a practice often misunderstood, and much of the blame rests on the word "vegetarian" itself. "Noncarnivore" would be a much more accurate word.

Vegetarians do not, as the term implies, eat only vegetables. They also eat fruits, nuts, grains, and (usually) milk products. Many vegetarians also eat unfertilized eggs.

Uncle Walt eats neither meat, poultry, nor fish. His avoidance dates back two years, and is based on sympathy for our fellow creatures and a belief that slaughtering (or hunting or fishing) brutalizes the killer as well as the victim.

Beyond moral considerations, there are also economic and health advantages in a properly-selected vegetarian diet. Those people not yet willing to abstain completely from meat products can still improve their nutrition a great deal by a wiser selection of plant foods.

Western societies often use the flesh of herbivores (plant-eating animals such as cattle, pigs, sheep, and various birds) for food. Yet a great deal more (and healthier) food can be produced on each acre of land by eating the crops directly. Many animals raised for slaughter are now fed hormones, synthetic vitamins, fungicides, and other chemicals dangerous to human health. Fish, another favourite, accumulate mercury and other poisons, are also dangerous to humans.

The first question which usually comes up is, "Where do you get your protein?" In truth, the only place proteins, and their constituent amino acids, are manufactured is in plants. Using water, nitrogen, and minerals from the soil, carbon dioxide from the air, energy from the sun, and chlorophyll as a catalyst, green plants synthesize proteins, amino acids, carbohydrates, and vitamins in the process of photosynthesis, giving off oxygen as well.

Good sources of vegetable protein include peas, beans, nuts, seeds (e.g. caraway, sesame, flax), and whole grains such as brown rice, barley, oats, buckwheat, and millet. The only known single plant source of complete protein (all the kinds of proteins and amino acids humans need) are soybeans. Dried soybeans are inexpensive compared to meat protein sources, and can be stored for some time.

To prepare them, soak overnight in the fridge in twice as much water (they expand) and then either roast in a flat pan in the oven over low heat until crunchy (about an hour) or boil in a covered saucepan until as tender as desired. Season with seasalt or serve in tomato sauce, raw honey, or your own creation.

Most supermarkets and grocery stores carry few of these vegetarian favourites, but they are available at either the House of Health (1712 Granville) or the Beansprout (1709 Barrington).

Other essential nutrients such as vitamins, minerals, and carbohydrates, will be discussed in future "Gesundheit!" columns.

# Fenwick a death-trap?

Opinion

by

Louis C. Lemoine

The date — October 11. The time — 4:45. The wind was blowing 36 mph, gusting to 53 mph. Five and a half hours earlier I had gone to bed looking forward to a long, comfortable night's sleep, knowing that I didn't have to get up the next morning to go to classes. Was I mistaken!

It all happened very quickly. I was awakened by a sound I'll never forget. It was explosive, resounding and abrupt, accompanied by a ceaseless, maddening hum. In an instant, I realized what had happened. At first I thought it couldn't be possible, but sure enough I felt an extra weight upon my back. For god's sake, it can't be! But there was my window, laying squarely across my bed and my back. The outside pane had shattered completely and my room was transformed into a veritable wind tunnel.

In haste, but still half asleep, I hurried out of my room and yelled to my roommate. At this point we were both terrified and didn't know what the hell was going on. The wind kept belching into the apartment. My first thought was that the building was falling down, but I got hold of myself and realized that I was in a state of shock and panic. I was amazed that I had not received more than a few

scratches and bruises.

Once my personal belongings were salvaged, I phoned the lobby for help. The campus police were there in no time. Surprisingly enough, the building manager was also there, looking very sheepish and apologetic, but not really surprised. Apparently the same thing had happened half an hour previous on the floor above. It had been a girl up there and luckily she had not been seriously hurt either.

A panel was placed over the gaping hole. I took one last look at the rain, the wind and a double pane of shattered glass upon my bed. We crashed in a friend's apartment for the remainder of the night.

O.K. So what? Let's get to the point. It makes a good story but a true one, nonetheless. The point is that this building (Fenwick Towers) has had problems from the beginning. The more construction progressed, the less money was spent.

The proof (for me) took place last night. They kept quality to a minimum and did a rush job. So who's to blame? That's the big question.

There was a lot of carelessness and negligence in the construction of this building — that's evident. We can ask why but we won't get an answer because there isn't one. It was just done and no one is man

enough to take the blame. By the brass, it's considered as one of those unhappy facts of life.

But now they are running scared. The popping window factory just may not be a safe place to live. If it isn't, we want to know and we want to know now. If they have to tear this place down and start all over again they had better do it.

Yes, it will cost someone a few pennies, but better that than a few lives. We want to know that we can go to bed at night and wake up again the next morning. We want to know that we aren't living in our graves. I was lucky! The next person might be the first victim of Fenwick.

Most of the students have been very understanding and kept their complaining to a minimum. We realize that the administration has had seemingly insurmountable problems to face. But our altruistic limits have been reached. If Fenwick isn't a safe place to live in we want to know; we want to know now; and we want to know why!

\* \* \*

The Gazette feels that there are things happening at Fenwick that everyone should be made aware of since their money supports it. In this light, if you have similar tales to tell, bring them in. We'll try to print them all, as either opinions or letters to the editor.

# Manitoba texts racist

WINNIPEG (CUP) — The extent of racism in Canadian school textbooks has been startlingly born out in a study of 40 history and social studies texts made in Manitoba this summer.

The report of a three-man investigative committee commissioned by the Manitoba Human Rights Commission reveals that of the 40 books studied, at least 37 contained examples of racial and sexual discrimination.

The committee, composed of three students from the University of Manitoba reviewed history and social studies textbooks used between grades 4 and 12 and approved by the Manitoba Department of Youth and Education.

They recommend that seven of the most objectionable be removed from use immediately and that teachers be supplied with list of amendments to the books that remain in the schools.

The Education Department's curriculum branch had already screened the books for what it considered objectionable material.

Among the targets of prejudicial references in the Manitoba schoolbooks were: women, trade unions, immigrants, Jews, Moslems, Indians, treatment of Japanese-Canadians during World War II, the 1919 Winnipeg General Strike, the French in Manitoba and Louis Riel.

Particularly racist and one-

sided were the inclusion of references to the Indians such as: "They (the Indians) become intoxicated very quickly and are then maddened. They run about naked and with various weapons chase people day and night."

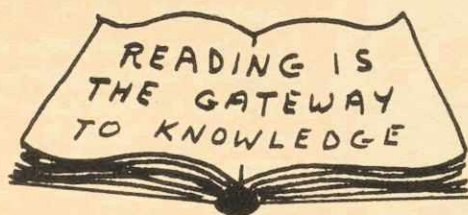
And to black slaves:

"When kindly treated, Negro slaves were usually merry, friendly people."

The committee said that the textbooks studied contained little mention of the cultural history of native peoples and were weighed heavily in emphasis toward the accomplishments of the white race. Little mention is made of exploitation, brutality and racism perpetrated by the white man in his quest for development of the country.

It would be interesting to see a similar study done in Nova Scotia, the province with the largest black population in Canada. There are a great number of Indians living here as well.

As the calibre of texts varies little across the country, it is possible that a study of Nova Scotian texts would produce the same results.



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