

Dick Gregory coming

"The Cage" — a collage of evil

"The Cage" is returning to Halifax for the second time on January 15 at 8:30 p.m. in the Rebecca Cohn auditorium.

It is an 80 minute long one-act play, written by ex-felon Rick Cluchey and acted by former inmates of San Quentin penitentiary. "The Cage" portrays one day in the lives of four cell brothers — a day filled with the pervasive brutality that underlies all relationships inside a prison. The sadism of the guards, the homosexual triangle that results in the killing of the new inmate and the insanity of the Judge-God-General, Hatchet, are all part of the system energized by hate. "The Cage" is a collage of the evils that are associated with prison, but goes further to indicate the malignancy of the entire society.

After the play itself there will be a confrontation, with the audience, an inmate and an administrative official from Dorchester Penitentiary, and possibly an inmate from Springhill taking part.

Ticket prices will be \$3 and \$4, with \$1 off with the presentation of an ID.

Dick Gregory will be in the Rebecca Cohn Auditorium January 18 at 8 p.m. He will be talking about "Social Problems: Social or Anti-Social". Admission will be \$1.



Four members of the cast in a scene from "The Cage", which is returning to Dal for a second time on January 15.

STAFF MEETINGS

Mondays

12:30

Room 334

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by
Uncle Walt

The discontented cook . . .
If there are leftovers after dinner: "What-samatter? Something wrong with my food?"
If all the food is eaten: "Omigod, I didn't make enough."

Do you have problems with your skin, hair, nails, teeth, gums, night vision, nerves, or digestion? A vitamin or mineral deficiency may be to blame. Much modern food is deprived of its nutrients. But you can improve your diet without taking vitamin pills.

When wheat is milled, the nutritious inner germ and outer bran are both removed to make white flour. Artificial enriching cannot restore its food value. Rice too has its valuable outer brown coating polished away. Insist on whole wheat bread and brown rice.

Vegetables are peeled in lye and blanched, dried fruits treated with sulphur, sugar and vegetable oils shorn of nutrients. Preservatives, artificial colour and flavour, excessive sugars and spices, acids, drugs, and caustic sodas are routinely added to foods. Buy fresh fruits and vegetables to avoid this adulteration.

Many vitamins and minerals are lost by improper cooking. Eat as many raw fruits and vegetables as you can. Always store food in a cool, dark place, namely your fridge. Light destroys vitamin B-2 while warmth allows food enzymes to attack vitamins. Never soak vegetables. It removes the water-soluble vitamins. Instead, wash quickly in cold water and dry at once.

Do not peel, chop, slice, or shred fruits and vegetables. Many minerals right under the peel are lost, and cutting exposes food to oxygen,

which destroys vitamin C. Don't use copper utensils, for copper also kills vitamin C on contact. Do not salt before or during cooking; salt draws out juices and nutrients. Baking soda destroys B vitamins unless high protein flour is used, a good idea anyway.

Never boil vegetables. Instead, steam them or use waterless cooking, broiling, baking or quick frying. Water used in cooking should be consumed (as in a soup) to avoid loss of nutrients. Vegetable oils used should also be retained as in salad dressings. Heat food quickly to halt enzyme action, but do not overcook: teeth are for chewing. Chew your food well too; it's the first step in digestion.

There are many cheap sources of vitamins and minerals. Raw carrots and baked sweet potatoes are full of vitamin A. A fresh orange daily supplies your vitamin C needs. Green leafy vegetables are rich in many nutrients. For protein, vitamins, and minerals such as calcium, eggs, cheese, and milk daily are indispensable. Powdered skim milk is fine, very economical, and tastes OK if allowed to chill for several hours in liquid form.

Beans, nuts, and whole grain cereals will round out your diet. These plus other tasty and nutritious foods are available at the Bean-sprout and the House of Health.

You may be destroying nutrients inside your body. Caffeine, found in coffee, tea, and cola drinks, interferes with calcium digestion. Smoking destroys vitamin C.

There's an added advantage to sensible cooking: while retaining nutrients you also retain the natural colours and flavours which make eating the joy it should be.

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