

WHAT·U·WEAR

by J. Ryckborst

Throughout history women have been in bondage. Men didn't want to lose their mates, so they tethered and hobbled them with clothing. Even today clothing for women is deliberately restraining. Modern examples include high heels or tight skirts. For centuries skirts have been long and dangling around the legs. This makes walking and running more difficult. High heeled shoes have also been around for centuries — De Sade (father of sadism) is credited with invented spiked heels. Women who wear these shoes must teeter around precariously. In Japan, traditional kimonos wrap tightly around the ankles, and foot binding of girls in China led to deformed feet in later life. Corsets have always been tight and uncomfortable. In past centuries women even used tightly laced corsets to hide their pregnancy.

Feminists indignantly point out that such restrictive dress serves but one purpose: women are easier to control when they have only limited physical freedom. The woman's movement realized this in the early seventies. This led to bra-burning in the early seventies by feminists who claimed the bra was a symbol of male bondage and dominance.

For a good while women tried to strip men of their power by attempting to break their stereotypical roles. Men struck back with a vengeance, and judging from the image women present today, men were successful.

At one point, women tried to use clothing to their advantage. Yet Unisex clothing, which accompanied the women's lib movement, was not liberating at all. Granted, if both genders wear similar styles of clothing it "removes certain socially disintegrating factors" (Flugel, 1955). But the concept was never successfully applied. Men continue to wear what they have always worn. It is women, in their struggle for equality, who have adopted the male dress code. This is *not* unisex. Pants, suits, and ties: this is how today's liberated working woman expresses her *emancipation*. Of course, women still succumb to social pressure to be beautiful. So the suits which women wear have pretty colours and their ties have flowery bows. But these are simply modifications of the male uniform. The most recent addition is the widespread use of shoulder pads, as women continue to tailor their image after men. Women have made all the concessions in their clothing in order to identify with the power group. Traditional male attire has survived the feminist assault unscathed and unchanged. It alone remains the true professional uniform.

Only some women aspire to power, and show this by copying men's clothing. The remainder continues to reflect a submissive attitude by choosing to wear traditional feminine attire. Whatever protest there was in past decades has dissolved, as the majority of women complacently conform to the standards which fashion prescribes. A few women are vocal when it comes to pornography or sexism in advertising. Who ever heard of women complaining about fashion lately?

Remember that clothing is the most visible and obvious symbol of your status in society. Judging from what the majority wears, women aren't concerned with equality any more.

Emma's Bar and Grill

by Emma Sadgrove

"What, no recipes this week!" said Wanda and Monica when they read my first draft. No, this week the bartender wants to give her opinion on health food and her philosophy of life (okay, not all of it because then we would not have room for Jerome).

Those words health food probably made most of you think of strange food bought by eccentric people in obscure little shops. Health food should not be something that you cannot pronounce and have to go halfway across the city to purchase. It is simply ordinary food that is healthy for you.

Health food is often confused with food fads which often concentrate on a particular food or food group, neglecting other important foods. For example, someone will go on a pure fruit and vegetable diet and not get enough protein and carbohydrate.

Food faddists love the latest craze in diets. They may center their lives around these fad diets. They will talk (and talk) to anybody about their diet and the wonders of a particular food item. Of course, it is a different item with each faddist. That should be your biggest hint to ignore what they say.

Don't become a food faddist. You will only deprive your body of a healthy balance and bore your friends and acquaintances.

People on fad diets are usually obsessed with their diets. Obsession with anything is not healthy. Life should be well-balanced. Food, too, should be well-balanced.

Lately there is a big market for fad diet books. People are getting rich off nutty ideas. And they do not work, so do not fall for these outrageous claims. These people are making enough money from gullible people without your contribution.

Miracles do not happen, whatever people claim. Miracles are an advertising gimmick. If you want to lose weight you eat less than your body burns. It is as simple as that.

So this means that you either eat less or exercise more. I suggest you combine both. But eating less does not mean depriving your body of necessities. Make sure that you eat everything you need, but nothing extra.

Eating what you need should be the definition of health food. The food that you eat

should make you feel good. This means selecting foods for their nutritional value. Eating healthy means consuming suitable amounts while covering all the food groups.

Meat, poultry, fish, and eggs provide protein which is essential for the growth and repair of body tissues. Animal proteins provide a better protein source than any of the cereals and vegetables which do provide limited amounts of protein.

Vegetables and fruits provide various vitamins and minerals. Dark green and deep yellow vegetables are especially recommended for Vitamin A which is important for growth and vision. Citrus fruits contain Vitamin C for healthy gums and body tissue.

Milk and dairy products are the main source of calcium needed for bones and teeth. They also provide some vitamins and other nutrients.

Bread and cereals provide some protein, iron, B-vitamins, and food energy. Carbohydrates supply energy which would otherwise be taken from proteins which are needed elsewhere.

There are many other factors and people will always argue about the value of various foods, but the food guide is a good place to start.

Exercise, of course, is healthy too. But do that outside this Bar and Grill. I don't like the patrons knocking over the chairs, but the university jogging track around the ice arena is open all day and there are other good facilities.

Eating well and exercising well are healthy for your body and your mind. The relationship between mind and body is rarely understood well enough. Understanding this relationship is an important part of understanding yourself. And that in itself is an inward process that continues throughout one's lifetime.

The secret to life is balance — balance in your eating, balance in all your activities, and balance in your attitude. A healthy body contributes toward a healthy attitude.

It is possible to have too much of one thing. Make life a combination of all things in all that you do and, most importantly, within yourself.

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