



(martin felsky/dal)

May and Delonge in "Beggar's Opera".

"Beggar's Opera"

Weak but well received

by Stephen R. Mills
 "The Beggar's Opera", a co-production of Dal's Music and Theatre departments, was presented in the Cohn auditorium last Friday and Saturday nights.

The production was well received by the close to capacity audience despite glaring weaknesses, primarily in the technical aspects and the spoken parts of the play.

The opera was directed by A. G. Scott Savage of the music department who was also featured on stage. Savage handled both jobs well, the gestures and movement by principals and supporting cast being crisp and legitimate and Savage's voice and enunciation distinctive and appealing.

Unfortunately, this cannot be said for the rest of the cast. All

the singing was well done but the majority of the actors and actresses spoke very low and tended to slur and fumble over their lines.

The singing, however, more or less compensated for it. Philip May (as MacHeath) was superb, providing the finish singing of the evening though the other principals, particularly the female leads, were in fine form. Acting was generally good, the theatre department's David Farnsworth (as the beggar) and Dal's cultural co-ordinator John Crompton (as Lockett) turning in highly polished and amusing performances.

Crompton also designed the costumes and the set. These were adequate but far from outstanding. Set design must

have been partially responsible for the unweildy length of the opera.

On Friday evening it started at 8:40 (ten minutes late) and it was nearly eleven before it concluded. Two fifteen minute intermissions added to the boring atmosphere which threatened to negate the better moments of the production.

The music was good, though its sameness throughout tended to bore after a while. This, of course, was no fault of the musicians and conductor who did their best with what they had.

"The Beggar's Opera" was generally a fine production and Dal people can look forward to, if not eagerly anticipate, the company's next effort, "The Consul" in March.

Gesundheit!

by Uncle Walt

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat.

—Genesis 1:29

* * *

Marginal vitamin deficiencies are still quite common in Canada. It is possible to consume more than enough calories without getting sufficient vitamins for health. Depending on which vitamins are lacking, you might experience skin problems, digestive difficulties, nervousness, weakness, difficulty in seeing at night, tooth and gum disorders, or other symptoms.

All of these symptoms might arise from other conditions, but if malnutrition is at fault, a cure is easy to achieve if you are willing to change your eating habits.

Fresh fruits and vegetables, whole grains (such as brown rice, corn, oats, millet, and many others), eggs, and milk all contain essential vitamins. On the other hand, canned, peeled, and overcooked fruits and vegetables, white rice (brown rice whose nutritious outer coating has been milled away), commercial breads, and cold breakfast cereals contain almost no vitamins.

Enriching these nonfoods with synthetic vitamins, or taking vitamin pills to try to compensate for a faulty diet, is not effective. Depending on their quality, synthetic vitamins are only partially absorbed by the body, so potency labels are meaningless. Furthermore, artificial substitutes can never provide all the necessary vitamins, minerals, proteins, amino acids, and other nutrients which an adequate diet will supply.

The best thing to do is get a nutrition guide from the library giving the nutritional values of various foods, so you can plan your meals with foods which you happen to like and which provide the necessary nutrients. There are, however, simple ways of judging whether your diet is adequate. One way is by colour. If you eat a variety of fruits and vegetables of different colours, you are sure to get several vitamins. For example, carotene, an orange pigment found in carrots and other vegetables, is converted to vitamin A by the human body, and green vegetables usually contain vitamin C.

Another guide is to eat foods from all the different plant parts: fruits, leaves (spinach, lettuce, cabbage), nuts, seeds, beans, stalks (celery), roots (carrots, sweet potatoes, turnips), bulbs (onions), and whole grains.

Foods from the Plant Kingdom needn't be the mushy, spiceless concoctions which the stereotyped mother tells her kids to finish before they can get dessert. Put some soul into your cooking, and don't bother to cook foods which can be eaten raw, and don't waste hours cutting things up which your teeth should be able to handle. Bon appetit!

CINEMATTERS

by Stephen R. Mills and Charlie Moore
 "Skin Game" is a very en-

joyable film, though, from the title, you would expect something somewhat removed

from what it actually is; i.e. a Western rated "G" (for all).

James Garner, who spent some years in the "Marverick" series and is currently starring in "Nichols," co-stars with Lou Cosset, a relatively unknown black actor. Garner and Cosset play a couple of con-artists circa 1857. Their game is for Garner to sell Cosset as a slave in some small southern town and then steal him back. They then split up the money and continue onwards to pull the same trick in the next town. (Vaguely reminiscent of the con Clint Eastwood uses in the opening of "The Good, the Bad, and the Ugly").

The arrangement works out quite well until the inevitable

happens and they run into someone they had previously ripped off. In the course of their travels, they also run into a female con-artist played by Susan Clark, who later comes to their rescue when hard times befall them.

No one gives an exceptional performance but the stars have their mildly hilarious moments, and the film is generally quite funny. Andrew Duggan's credible characterization of a Texas plantation owner also deserves mention. I found it refreshing that the director used no trick photography or special effects. Gimmickry can be boring. The film is good entertainment and, these days, that's reason enough to see it.

Current pictures worth noting:

DOCTOR ZHIVAGO (SSC) — I saw the picture some months ago and was greatly impressed. The screenplay and acting are far from outstanding but, as in most films by David Lean, the color photography is magnificent.

BILLY JACK (Oxford) — I haven't seen this picture but indications are that it's quite good. It's a student production about a group of Indians fighting the Establishment.

THE DETECTIVE (Mayfair) — Frank Sinatra stars in one of the few modern films to use explicit violence effectively.

These films are probably worth seeing. I would also recommend **WHO IS HARRY KELLERMAN...** at the Capitol although Dustin Hoffman is not up to par, and **SUMMER OF '42** at the Hyland, although I doubt there's anyone who hasn't seen it. It's been featured for over a month, very poor policy considering the number of fine films not yet seen in Metro. At the time of this writing, the two remaining cinemas — the Casino and Vogue — are showing trash beneath your consideration.

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