

Gesundheit! Gesundheit!

by Uncle Walt

If an offence come out of the truth, better is it that the offence come than that the truth be concealed.

— St. Jerome

As the final "Gesundheit", it is fitting to present a brief summary of the previous columns.

Above the asterisks have been quoted such divergent sources as R. D. Laing, Wilhelm Reich, Helen Keller, Henry David Thoreau, Karl Marx, Shakespeare, the Bible, an encyclopedia and a cereal box, plus assorted riddles and jokes.

The German word, "Gesundheit", was defined as "health"; hence its appropriateness as an after-sneeze wish.

The benefits of whole-grain cereals, such as oats, corn, millet and brown rice were described. Whole-grain breads

(wheat, rye, soya, corn, buck-wheat and combinations) were also recommended as nutritionally superior to white bread.

Television was described as a hypnotic device encouraging foggy thinking and atrophied muscles. T.V. could well stand for "To Vegetate".

Vegetarianism was described as a healthful alternate diet, if care is taken to get all the necessary nutrients. A variety of fresh fruits, vegetables, nuts, eggs, milk products and whole grains were recommended.

Smoking was severely condemned for its long-range damage and its immediate effect on health. A connection between tobacco and caffeine use was suggested the latter being a stimulant (in coffee, tea and cola) which makes the smoker nervous. Caffeine should be avoided when trying to quit smoking.

Automobiles and motorcycles were also described in terms of health hazards: pollution, lack of exercise and possible injury.

Sugar was described as a nonfood which nobody needs. Brown sugar is no better. Sweets and table sugar attack the teeth.

Dental care was stressed especially brushing after every meal: decay occurs in the first 15 minutes after eating.

Drugs, whether prescription or over-the-counter, were not recommended for continuous use. Cosmetics and shaving were considered superfluous as well as irritating to the skin.

Readers were warned to take good care of their sensitive eyes and ears and to avoid bright lights and loud noises (including music). Methods of contraception were described, with details available in the Birth Control Handbook, which is dispensed free at Med-Aid

(behind the V.G. Hospital).

The value of combining protein foods was extolled, including grains with milk products, seeds or nuts with legumes (peas, beans, and lentils) and legumes with whole grains. Details and recipes are in the pocketbook, "Diet for a Small Planet" sold at the Bean Sprout, 1709 Barrington.

The dangers of fire were described, and advertising was put down as psychologically manipulative and full of lies and half-truths.

The Federal government was criticized for allowing so many chemicals in foods, including artificial colour which masks appearance, artificial flavour

which masks taste and preservatives which imitate freshness. Customers cannot ascertain food quality with these additives.

The myth of mental illness was exposed. Emotional problems were attributed to parents, teachers and the confusing dishonesty of government, business and other institutions and individuals.

Finally, last week's column listed the requirements for healthy living: good food, moderate exercise and adequate sleep.

This is your Uncle Walt wishing you health, happiness and good times. Take care!

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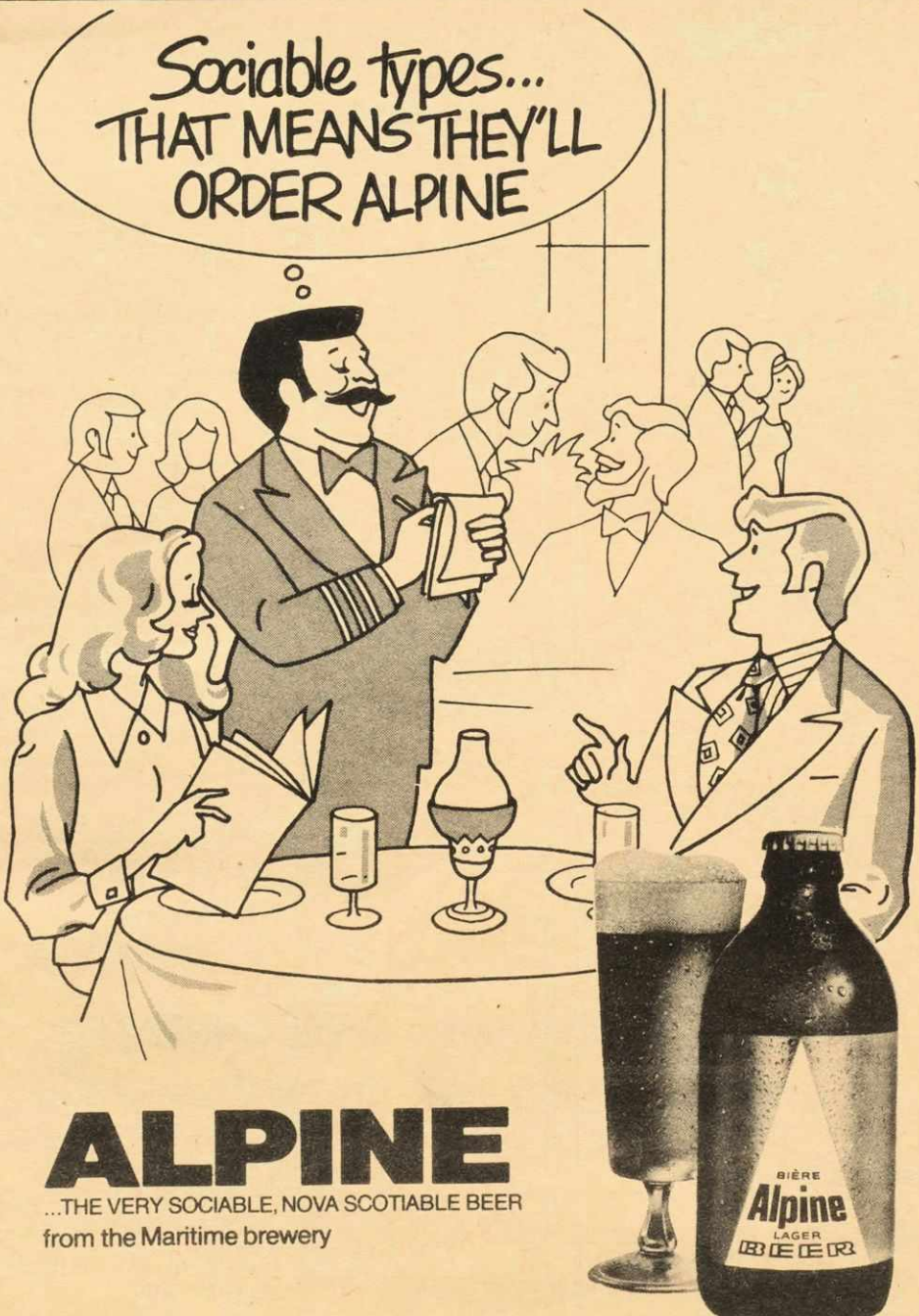
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