

PRIZES

630ched

A CAR A DAY

PRESENTS

the  
**SUPER DUPER  
GREASE - IN**



with  
PRIVILEGE  
at  
**LAKEVIEW**

18 miles east on hwy 14

OCTOBER 6, 7 & 8

FRIDAY  
SATURDAY

9:30pm until 1:00am  
admission \$1.49

CLOTHES FROM THE JEAN JOINT

SUNDAY  
**EXTRAVAGANZA**

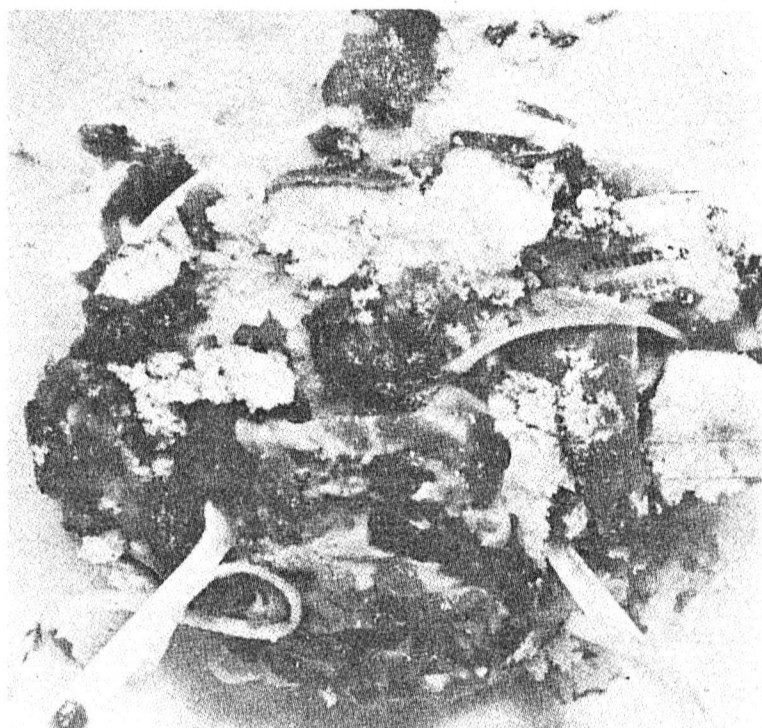
9:00pm feature movie **ROCK AROUND the CLOCK**  
BILL HALEY and the COMETS

MIDNIGHT DANCE with **FREEWAY** and **PRIVILEGE** admission \$2.49

Tickets Available at: a & a records, londonderry  
nait student book store  
the box office & all woodwards stores

SEE YOU LATER ALLIGATOR

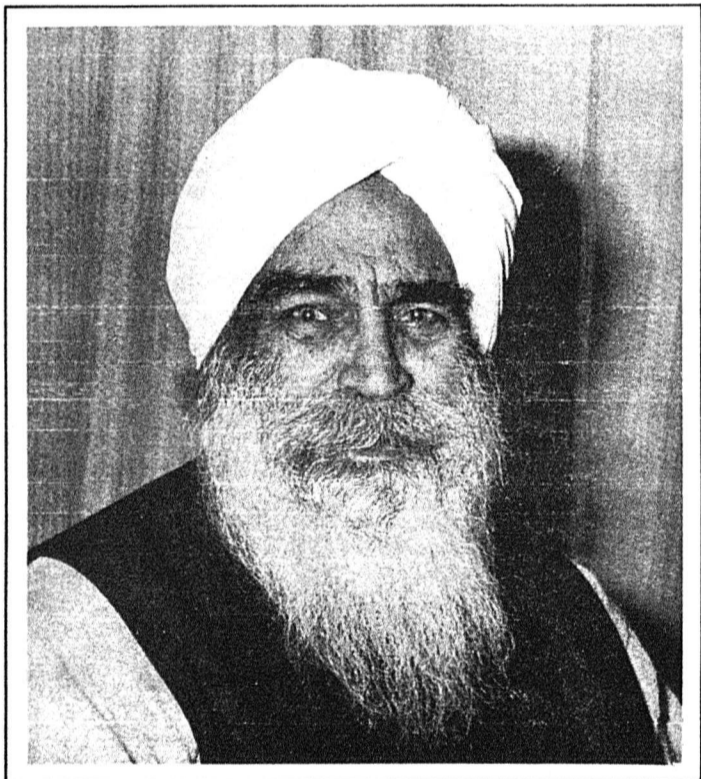
**mmm....**



Our per capita consumption of milk, fresh fruits and vegetables has been declining steadily, replaced to a considerable extent by sweet snacks, sweet soft drinks, pre-sweetened breakfast cereals and the sugar-water-vegetable oil emulsions we call "non-dairy creamers".

**...good**

first in a series of articles by Anenome Ruder of STOP



**sant sat guru kirpal singh ji**

— the living Master —

is now on a world tour and is coming to VANCOUVER & VICTORIA  
all are invited to see and hear him in person

**Some brief background information:**

- Regarded by thousands throughout the world as a Master Saint, in both theory and practice.
- Thrice-elected as president of the World Fellowship of Religions.
- Author of 17 books in English on all phases of spirituality.
- His teachings are universal and have no sectarian bias, but rather shows scientifically in the laboratory of the body, the oneness of creation as advocated by all previous Master Saints.
- He comes not to make new religions nor destroy old ones. He comes to demonstrate the Life Impulse enlivening all creation, by opening the spiritual eye lying dormant within everyone.
- His talks are always free. No collection or donation accepted.

**SCHEDULE:**

<b>NOVEMBER 8</b>	<b>7:00 P.M.</b>
Kitsilano High School Auditorium	
2550 West 10th Avenue, VANCOUVER	
<b>NOVEMBER 9</b>	<b>7:00 P.M.</b>
McPherson Playhouse Theatre	
3 Centennial Square, VICTORIA	
<b>NOVEMBER 10</b>	<b>7:00 P.M.</b>
Unity Centre	
41st & Oak Street, VANCOUVER	
<b>NOVEMBER 11</b>	<b>7:00 P.M.</b>
Kitsilano High School Auditorium	
2550 West 10th Avenue, VANCOUVER	

for further information please phone evenings or write:

RUHANI SATSANG OF B.C., 4996 Dunbar Street, Vancouver 13, B.C., Canada, (604) 266-0302.

IN EDMONTON, ph. 489-7434  
evenings

(Richard or Heather)

With the growing concern over the quality of our food supply and the nation's health, here are some answers to questions you might have been asking yourself.

● **What are food additives?**

They are a substance or a mixture of substances added to the basic foodstuff during production, processing, storage or packaging.

● **Who tests them?**

In Canada the Federal Food and Drug Directorate and in the U.S.A. the Food and Drug Administration test food additives. However, because of inadequate staff and facilities, both countries rely heavily on the records of tests the manufacturer performs on his new product.

● **Are they harmful?**

Even as early as 1957 a growing number of experts expressed their concern of possible cancer hazards related to a large number of food additives and contaminants. Several food colours were at that time banned and caponizing of cockerals with implanted diethyl stilbestrol pellets was banned in the Union of South Africa as early as 1954. New chemicals are constantly being questioned. The most recent example being the controversial cyclamate ban. Preservatives were and are continually being questioned. Experts believe that the only safe methods of preservation are the physical methods, i.e. freezing, drying, heating.

● **Can we do without them?**

Not entirely. With the increase in population, the fight against starvation and the necessity of shipping foods long distances, we will

continue to rely on food additives.

● **How healthy are we?**

"Canadians are among the world's best fed. A high standard of living equals good nutrition."

Research is now questioning the above assumption: a survey of school-children in Newfoundland and Ontario revealed nutritionally poor diets; some 400 cases of rickets (caused by Vitamin D shortage) were reported in one year by Toronto and Montreal hospitals; liver tests on apparently healthy adults killed in accidents show stores of Vitamin A (necessary for good eyesight) to be abnormally low; in a Montreal Diet Dispensary survey of prenatal nutrition of public patients, results to date indicate that 70 per cent cannot afford the food needed (nutritional deficiency in pregnancy can result in a mentally retarded child). Studies point to malnutrition among Indians and Eskimos and a recent U.S. nutrition study showed a high prevalence (40 - 50%) of malnutrition among all income levels in communities similar in economic and environmental conditions to Canada.

Some reasons for nutritional deficiencies might be the change in eating habits. During the past ten years the consumption of junk foods such as soft drinks, sweet bakery products and highly refined cereals have increased tremendously. The intake of whole milk, cheese, fresh fruits and vegetables has markedly decreased. There is also a decrease in the use of wholesome starchy foods such as dry beans, legumes, potatoes and whole grains which for generations had kept persons relatively healthy even with little money to spend for food.