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So you fancy yourself pretty enlightened, huh? You've got your peace sign earring, your anti-authoritarian 10-hole Docs and your Spirit of the West album. Hell, you even went to an anti-war demonstration last year! And you don't know anyone who owns a fur coat. You're doing all that you can to promote peace and harmony among your fellow humans.

Wake up and smell the El Salvadorean coffee brewing on your own kitchen. You're a student at a relatively prestigious post-secondary education centre situated on a highly privileged first-world country. Your parents passed on all of their upper middle-class values to you, so you think that by carrying your Blue Chip non-biodegradable two-colour plastic mug around on the side of your backpack, you're going to save the world.

Think again.

Here are nine simple things you can do that will really contribute to peace on earth and goodwill towards all people:

1. Take a look at the policies of companies from which you buy. By supporting the multinationals who create the conditions that force people to resort to violence, you are part of the cause of war. The world system is a market economy and our real power is economic. You made \$10,000 last year and it's all gone. Where did you economic vote go?

2. Don't beat up your partner. Or anyone else, for that matter.

3. Be aware of political issues and take part in events that will make a difference.

4. Volunteer. You'd be amazed at the sense of accomplishment that you'll receive from doing things for others. Amnesty International, women's crisis centres, Metro Peace Centre, the Food

Bank, and the Red Cross are all great places to start. Raise money and collect tools for less industrialized countries. Teach people skills to improve their lives.

5. A deteriorating world environment is a great contributor to war. Some countries are forced to burn their forests and pollute their rivers but you, being privileged can easily keep from being part of the problem. Don't buy overpackaging. People got along for millennia without disposable wrapping. Ride your bike to school. Or take the bus. There's lots you can do.

6. Don't drink Coca-Cola. Don't drink Coors. Don't buy Shell or Nestlé Quik. All of these companies are evil — find out why in *Shopping for a Better World*, by the Council on Economic Priorities. For example, they all have millions invested on South Africa.

7. Have respect for the dignity of all human beings, not just those like you. This includes you use of language and choice of jokes. Make a point of respecting women, men; homo-, bi-, heterosexuals; caucasian, people of colour; the abled and the differently-abled; etc.. Don't impose your cultural values on others. Don't support companies with questionable hiring practices.

8. Buy locally and save your money in a local credit union. They are community based, controlled by depositors and they're not massive corporations.

9. Adopt a vegetarian diet. Try it for a week - it's not that hard to do. Raising livestock is an incredible drain on world resources and a massive cause of pollution. Did you know that a pound of hamburger takes ten tons of water to produce? And ask yourself: is it right to kill animals to sustain your own life?

Peace is more than just a circle with lines in it. Peace is a way of life. Tuum est.

This is self-reflexive
as I look back
At two blank pages
And the start-
The stark evidence
Next morning, bleary-eyed
The headlines scream
CEASEFIRE.

The new-fallen snow
The sticky sweet French toast
The tepid coffee
The first cigarette
The second, the third...
Ceasefire.
I have much in common
With the corpses
Mutilated
Rotting at the bottom of craters
Plowed into mass graves
Strewn across the desert
For I feel nothing, this morning.
No pain, no joy
Just a hollow shell
Moving through space
Emptied
My mind moving
An insect on a frozen pond.

It is the approach
Of other human beings
Throughout Thursday
That brought life back
To this charred wreck.
Like bees bring honey
Winds transport clouds
Currents carry fish
So do other human beings
Share their lives
Hopes, regrets, beliefs
Giving shape, giving flesh
To the terrible solitary flame
Of an idea.

Feeling might grow again
In this human mulch
If the fire
That burned inside
me
Is cooled
If the fire
Is neither
starved,
again
Nor fanned
again
Into holo-
caust.

Humans
I look
into their
eyes
I search for
life
That I can feed
That can feed me.
I look
As we all must look
To see
Our desperate need
Our legitimate desire
Our mutual breath
Our responsibility.
Vincent Tinguely
Taken from *DON'T
GIVE ME THE GEARS*,
1991

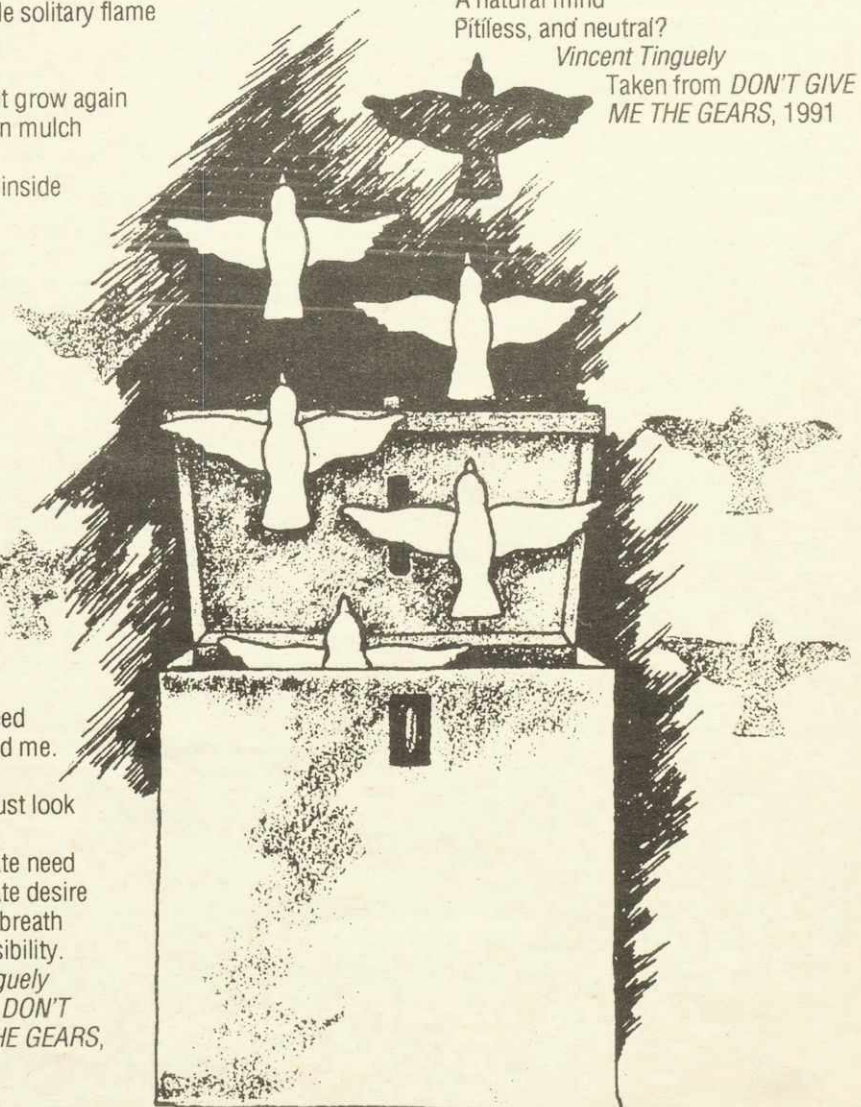
STRIP

There is the primal nobility
Of the human being
Who strips
Article of identity after
Article of identity
Until naked.
Standing in quiescent gloom
Seen by many eyes
Or none at all
It makes no difference.
The pile of discarded clothing
Is shapeless, meaningless
Without the body.
Skin luminous
Eyes, a question, an answer
The hair, the pubis
The limbs, the stance
A statement
Bold, and simple, and clear.

This is the way
We all find the unity
Usually cloaked
In artifice, duality
The borderlines
Between me and you
The flags of convenience
Fluttering over
The pitiless and neutral
Natural landscape.
Could there be a war
In a field of naked men and women
A field stripped of weapons
Stripped of uniforms?
Could there be a mind
Without classes, without races
A mind without borders
Stripped of national, political
Identities
A natural mind
Pitiless, and neutral?

Vincent Tinguely

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