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## "If the creepy crawlies get the lettuce . . ."

the gamut of criticism and support of this type of farming.

Among the dangers in organic farming is the toxic concentration of nitrates in such plants as carrots, said Russel Adams, a soil scientist and an "organic gardener". He does not raise "nitrate accumulators", "I buy those at the store," he said.

Granting that organic matter improves soil structure, depositing mineral nutrients and forming inorganic ions on decaying, he said however that it is the relative concentration of these substances in the soil that determines their beneficiality. An excess amount of organic fertilizer denies the farmer the ability to control for toxic levels of constituents, he said.

In an ominous note, he pointed out that zinc-copper combinations are bonded together ("chelated") in the soil by organic matter. This combination in the soil is held to be carcinogenic and is believed to be the cause of the relatively higher incidence of cancer in England and the Low Countries "in people living on high organic-content lands," he said.

He urged for "more effective and wiser use of organic wastes", and warned that an "excessive approach will lead to (legislative) restrictions", as is already in effect in Illinois.

On the other hand, restrictions on the food industry in terms of what is added to food appear to be in full force.

"If you tried to introduce a potato on the market today," said Michael Styles, a microbiologist, "the Health Protection Branch would not allow it." The situation requires a "risk-benefit analysis," he said.

"Without food processing and additives we would not have in North America the great variety of food and nutrition that we do," he said.

"Food spoils," he said, "and if you want to ship it 2000 miles, you must put in a preservative."

"The objective of the food industry is to give regular food supply on a year-round basis," he said.

"There is a naive approach to organic foods," he said. "If the creepy crawlies get into the lettuce patch, you must make a decision: do you let it grow, or do you spray?"

Once it is out of the soil and on your table, which is the more nutritious?

Not necessarily the organically-grown food, according to Ruth Renner, a nutritionist. Quoting from a study by Brand and Beeson (1950) she said that ascorbic acid (essential to bone tissue, connective tissue formation, vascular function and tissue respiration) from potatoes is at virtually the same content whether manure or inorganic fertilizer was used.

Different treatments during growth of carrots gave the same quantitative results for carotene (needed for promoting bony

growth).

Of the "forty-odd" nutrients we use, over half of them we get from animal sources, she said.

Fertilizers, she said, "whether organic or inorganic increase the yield, but have minimal effect on nutritive value."

Speaking for the defense, Jim Nalvach,

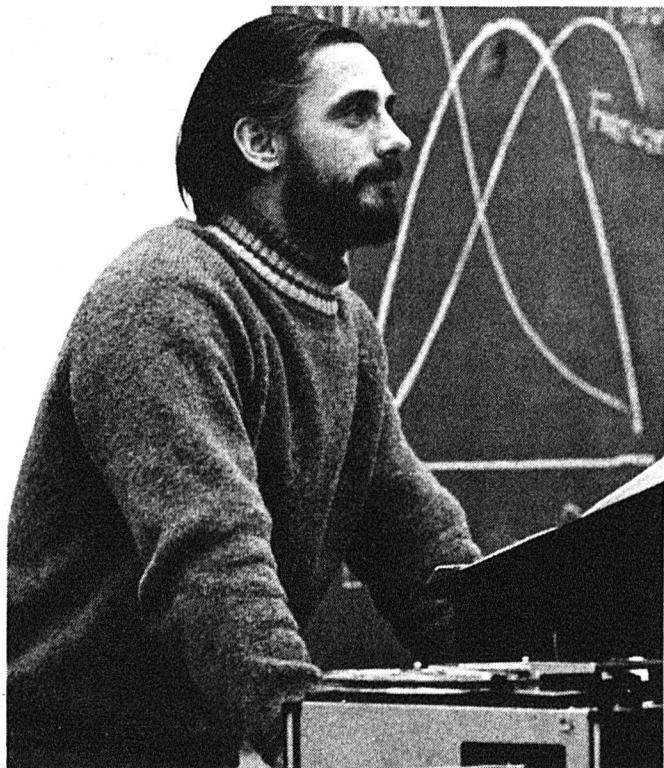
an ecologist, pointed to the need for better utilization of available energy resources.

"The ecosystem pulses with seasonal change," he said. "Any system must put out greater energy to survive fluctuations."

Energy requires adaptation and

storage, he said. "The socioeconomic and cultural systems of primitive societies were selectively adaptive."

Energy flows in webs and chainlike patterns and can be captured and stored in the biomass, he said. But out harvest system keeps out this competing, complex system.



PRO: Philip Hastings



CON: Michael Styles

### note:

The quotes attributed to Jim Selby in the story "Negotiations Derailed" in last Thursday's Gateway should apparently have been attributed to Jim Tanner.

A Poundmaker spokesman said last Thursday that because Tanner simply sells ads occasionally for the paper, he would not be a reliable source of information on the inner workings of the Poundmaker.

## self-hypnosis: a scatterbrain's salvation

by Andy Klar

"Study without distraction!"

"Retain what you learn!"

Oh boy, that's just what a scatterbrain like me needs.

But, can someone teach me self hypnosis in such short time?

And if I learned it, would it be useful?

And even if it is useful, is it not dangerous?

I worried about all these things, but most of all I worried about my precious 30 dollars I had to fork out for the course. Mysticism leaves me cold and I dread boring lectures. On the other hand I was already "presold" on the effectiveness of hypnosis having witnessed how a dentist hypnotized my very nervous wife for the purpose of painless drilling. "Nothing to it" said she coming out smiling from the same office she entered in a state of near-shock an hour before. I know one thing: they can't fool her! No sirree!

Just to make sure, I ran to the Psychology Department consulting services where Dr. Spearman assured me that self-hypnosis is not a hoax and yes, it can be a useful tool. So I went to the course early last December, and I certainly haven't regretted it.

"I am going to talk to you for about an hour and a half" said instructor Ed Baas, Certified Hypnosis Consultant, tall, blonde, in his middle forties, meticulously dressed and whose face reminded me of Michael Cain. Unfortunately my attention span is rather short even if the lecturer looks fashionable. But no fear. We hung on each word he said and we were fascinated, assured, encouraged and cautioned. I felt that if I ever wanted to know what hypnosis was all about, this was the best way to learn it.

"All hypnosis is self hypnosis" said Mr. Baas, and he proceeded to show just that. One by one he hypnotized members of the group which consisted of students, housewives, laborers, professional people, 19 of us altogether. "You can participate or, if you wish, you can just watch." I watched one induction and went along with another listening to the pleasant but purposely monotonous voice of Ed Baas: "Close your eyes and relax. Just relax and let go. It will feel so good just to let go. You will listen only to my voice, concentrate on my voice." And so we did, drifting into an apparent half sleep that Baas described as an altered state of

awareness. I listened to his voice a while longer and then I must have dozed off for a few minutes. Then I heard Baas' voice again giving us instructions on approaching exams, studying, concentration and on how to go into self hypnosis. These instructions are called post hypnotic suggestions and the subject usually follows them unfailingly, often without knowing where the suggestions come from. The subject can and will resist suggestions that are unacceptable to him and this is both a safeguard and a hindrance in the use of hypnosis.

"I will count from one to five and on the count of five you will be back in your normal state of consciousness, open your eyes and notice how good you feel". — I certainly felt good. I always feel good when I just had a snooze. But, was I asleep or was I hypnotized? — "Do you realize you sat there quite rigidly for 45 minutes?" asked Mr. Baas. Was it that long? I would never sleep three quarters of an hour sitting upright in a chair.

While it is most obvious to the onlookers that a person is hypnotized or not, the subject himself cannot usually tell whether he is "under" or just half asleep. But it does not really matter. It's

the results that count. If the instructions given while the subject is "dozing" have the desired effects, the state of hypnosis, whether light, deep or none at all, does not really matter. Ed Baas does not like the word hypnosis because of its exploitation in entertainment business. Hypnosis relates to other states of altered awareness, such as different forms of meditation. Unlike meditation, hypnosis can be very quick, even instantaneous.

Self hypnosis is not difficult, but it requires practice. One is given a cue, such as taking a deep breath and counting backwards from one to five, or he can develop his own cue to achieve this state of relaxation. Much more difficult is to work out the suggestions or instructions that are effective. They have to be put in a form acceptable to the subject, in the case of self-hypnosis, is the person himself.

As a relaxing technique self hypnosis served me well. A five-minute induced sleep sitting up, and I feel fine, alert for my next class. Unfortunately I am still a scatterbrain and have trouble concentrating. But I have a tool that worked for others and may work for me, too. So, I am not giving up.