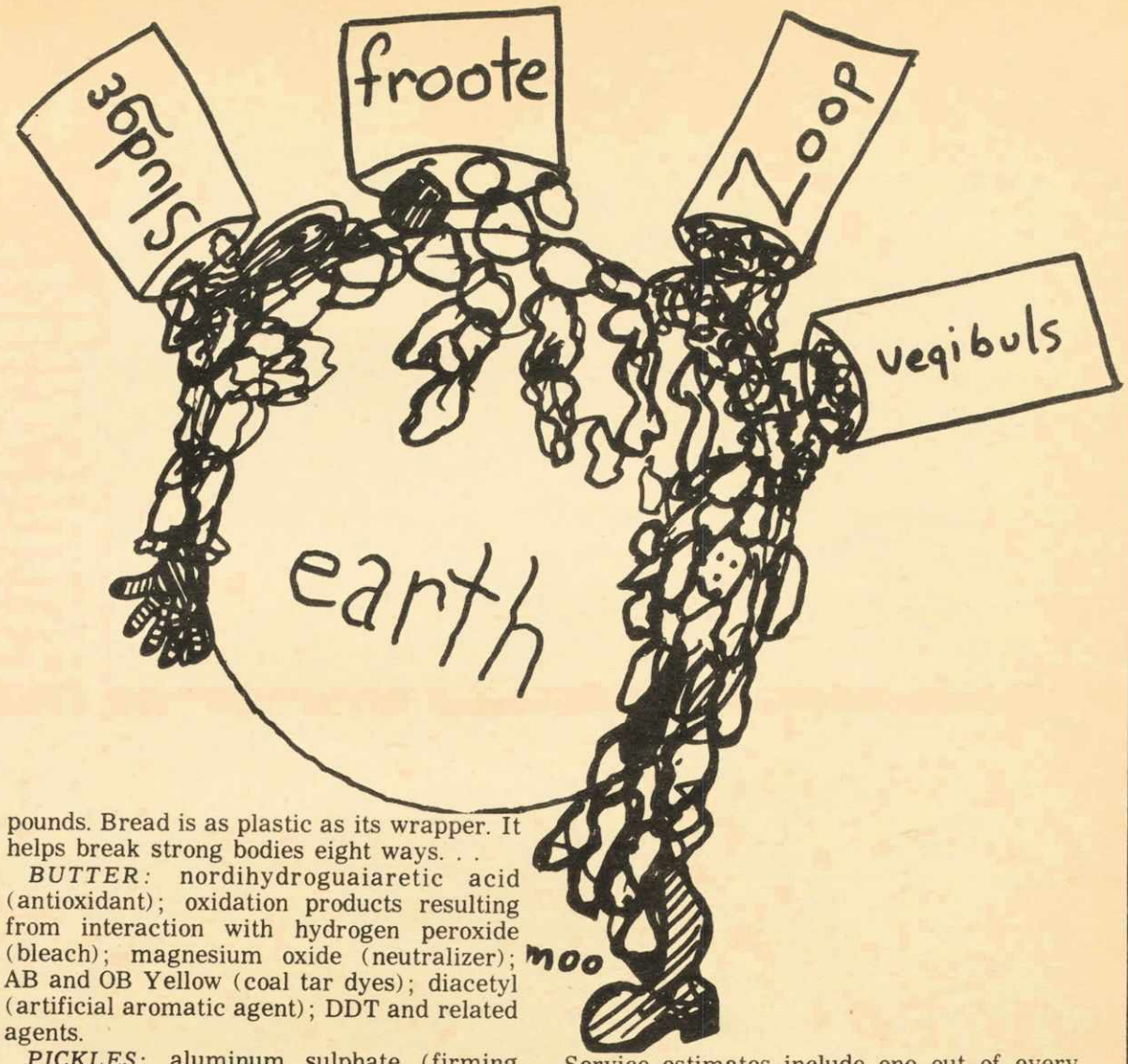
The poisons in your fude

by Donald Cantley



Pollution is a very real threat to our human race, and we pollute our bodies every day with the foods we eat. Eating is essential to our existence, and here are some of the poisons consumed when we eat common everyday food. A typical Sunday family dinner could be as follows:

'MENU'

Fruit Juice
Roast beef with gravy
Sweet potatoes
Peas (canned)
Tossed salad with dressing
Bread and rolls with butter
Pickles
Apple pie with ice cream
Milk
Coffee

FRUIT JUICES: Benzoic acid (a chemical preservative); dimethyl polysiloxane (anti-foaming agent); DDT and related compounds; parathion or one of the other potent phosphorus nerve-gas pesticides; saccharin (chemical sweetener).

ROAST BEEF: DDT and related compounds, methoxychlor, chlordane, heptaclor, toxaphene, lindane, benzene hexachloride, aldrin, dieldrin and other pesticides, particularly in the fatty parts: stilbestrol (artificial female sex hormone); aureomycin (antibiotic); mineral oil residue from wrapping paper.

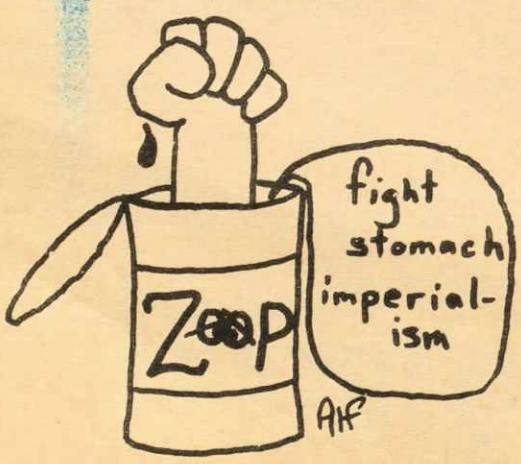
GRAVY: DDT and other pesticides that were in the meat; antibiotics; products formed from the interaction between the chlorine-dioxide bleach used on the flour and the flour nutrients.

SWEET POTATOES: pesticides such as dieldrin, heptachlor, chlordane, ethylene dibromide; coal-tar dye, suphuric malathion.

PEAS: magnesium chloride (color retainer), magnesium carbonate (alkalizer), DDT, parathion, methoxychlor, malathion. In order to retard spoilage, fresh vegetables such as peas and carrots are waxed with a paraffin suspected of causing cancer.

TOSSED SALAD WITH DRESSING: sodium alginate (stabilizer), monoisopropyl citrate (antioxidant to prevent fat deterioration), DDT and related compounds, phosphorus insecticides, weed killers.

BREAD AND ROLLS: products of bleach interaction in flour; ammonium chloride (dough conditioner); mono and di-glycerides and polyoxyethylene (softeners); ditertiary-Butyl-para-Cresol (antioxidant); nitrated flour or coal-tar dye (to give bakery products yellow color suggestive of butter and egg yolks); vitamin fortifiers (to replace nutrients lost in milling); DDT and related compounds; parathion and related compounds. Bread is as plastic as its wrapper. It helps break strong bodies eight ways. . .



BUTTER: nordihydroguaiaretic acid (antioxidant); oxidation products resulting from interaction with hydrogen peroxide (bleach); magnesium oxide (neutralizer); AB and OB Yellow (coal tar dyes); diacetyl (artificial aromatic agent); DDT and related agents.

PICKLES: aluminum sulphate (firming agent); sodium nitrate (texturizer); emulsifier (to disperse flavor).

APPLE PIE: butylated hydroxyanisole; (antioxidant in lard); chemical agents in flour and butter and/ or margarine; sodium o-phenylphenate (preservative); several or possibly all of the pesticides used on apples: DDT, dinitroorthocresol, benzene hexachloride, malathion, parathion, demeton, lindane, lead arsenate, nicotine, methoxychlor, chlordane and others. Some of these pesticides would also appear in the lard.

ICE CREAM: carboxymethylcellulose (stabilizer); mono and diglycerides (emulsifier); artificial flavoring; coal-tar dye; antibiotics; DDT and related compounds. (If not under the regulations of interstate commerce, ice cream might contain other chemicals that are banned under U.S. Federal regulations).

MARGARENE (used in cooking): Mono- and diglycerides; isopropyl citrate; monoisopropyl citrate (stabilizer); DDT and related compounds.

In the table salt sprinkled on the food were calcium hydroxide (stablizer); potassium iodide (nutrient supplement); calcium silicate (anti-caking agent). If drinks such as old-fashioneds were served before dinner, they probably contain dimethyl polysiloxane (anti-foaming agent); orange slices with dyed peel; sodium o-phenylphenate and ammonia (preservatives); marachino cherries which had been preserved with sodium benzoate, texture-improved with calcium hydroxide, bleached with sulphur dioxide, injected with artificial flavoring, and then colored an appealing red with a coal-tar dye. Both fruits would have insecticide residue. In the children's milk there almost certainly would have been DDT or its chemical kin and antibiotics - or both, as in cream used in coffee. It is considered unsafe for mothers to breast-feed their babies, because of the concentration of DDT in our diets.

THE CHEESEBURGER: Hamburger meat is dyed. Worse, it may be treated with sodium sulphite in order to give it an appealing red color. This chemical is especially dangerous, since it destroys both the black color and the rancid odor of bad meat. Cheese on top increases both the bad flavor and the poisonous content of one of our favorite dishes.

CHEESE: Cheese is processed by a multitude of chemicals. It is artifically thickened, preserved, flavored, and colored. One of the thickeners is also used to make cosmetics, another ingredient is used in printing inks. (Until recently, cottage cheese preservative was also used to make contraceptives).

The most frightening additives are the carcinogens, which the U.S. Public Health Service estimates include one out of every four substances injected into our food. CARCINOGENS ARE SUBSTANCES SUSPECTED OF CAUSING CANCER. Carcinogenic substances are found in most food dyes and preservatives, and in stabilizers used in salad dressings, ice cream, chocolate milk, commercial whipped cream. Carcinogens include the estrogen hormones injected into poultry and livestock and pesticides. Radio-activity from fallout or contamination from water or soil is also considered a carcinogen.

The major source of poison in our diets is DDT, the effects of which are cumulative. DDT may destroy our ability to reproduce by increasing the activities of enzymes which attach sex hormones.

It has been claimed that children may be more susceptible to carcinogens than adults. Today cancer causes a greater number of child deaths than any other disease; and cancer deaths among children have increased by 50% in the last decade.

We wonder why anyone would put all these things in our food, and the reason is that the capitalists are trying to "screw us over" again. They inject chemicals into foods in order to produce MORE foods FASTER, in order to sell INFERIOR products at a HIGHER PRICE, in order to stretch the QUANTITY of food at LOW COST to the producer, IN ORDER TO MAKE MORE MONEY. The ironic thing about it is that the chemicalization of the dinner table is affecting even the ruling class who wants the profits; they can't eat their money, and now they can't even eat their food. Pretty sickening, isn't it?

Information courtesy of Chicago Seed, a member of the Underground Press Syndicate; the Canadian Whole Earth Almanac, and
POISONS IN YOUR FOOD
By William Longgood