

Gesundheit!

by Uncle Walt

Average sugar consumption per person in 1700, 4 pounds (U.K.); in 1960, 113 pounds (U.K.), 103 pounds (Canada).

—Chamber's Encyclopaedia

Carbohydrates, namely starches and sugars, are important constituents of food. They provide much of the energy required by the human body. This energy is measured in calories (the amount of heat required to raise one kilogram of water one degree centigrade).

Carbohydrates cannot by themselves keep people alive indefinitely however, nor are they the only energy source. Proteins and fats or oils, for example, also contain calories.

Ordinary sugar or sucrose, usually made from cane or beets, is a poor energy food for several reasons. First, it tends to cause tooth decay. Second, there is evidence that it is difficult to digest, although it is assimilated quickly. Third, eating a quantity of sucrose quickly raises the blood sugar level so high that the pancreas begins to pour insulin into the bloodstream to counteract the rise, thus defeating the whole purpose. For this reason, mountain climbers get much of their sustained energy from proteins.

Sucrose is a double sugar, and must be broken down before it enters the bloodstream. Simple sugars such as glucose, found especially in fruits, are assimilated directly: no digestion required.

Starches are easy to digest, being broken down into simple sugars. Good sources are starchy vegetables and whole grains such as brown rice, oats, etc.

If you must sweeten things, use fruits or honey. Avoid brown sugar, which is merely refined sucrose with some molasses put back in. Check the Beansprout or the House of Health for unpasteurized honey. Pasteur didn't pasteurize honey; why should you?

Student support lacking

"Bury the Dead" — good show

by Stephen R. Mills

Six men refusing to be buried on a battlefield is not a reasonable proposition but makes an excellent device for exposing the futility of war and the banality of much of our lives. Yet, while Irwin Shaw's "Bury the Dead" uses this device for this purpose, it does much more, as those who attended the DMDS production of the play found out.

The play begins with the six men (all privates, all young) being thrown into their graves but standing up and refusing to be buried, claiming the things they feel life owes them — the sights, sounds, and emotional plateaus that remain beautiful despite war and poverty.

The play continues with the efforts of the military, the government, and the church to force the men to be buried, using such methods as direct command, reasoning together, exorcism, and, finally, their women (mothers, wives, girlfriends, lovers). All the women try to persuade the privates to gracefully submit to this final indignation except the poverty-stricken wife of Private Webster who screams "Tell 'em all to stand up!"

Stand up they do in the end, walking from their graves into the world leaving a weary general leaning over a machine-gun while sadly triumphant music is played and the audience silently sifts out of the auditorium.

Few people within the play are moved toward the defiant dead — the soldier who first discovers them, Martha Webster, and, perhaps a reporter. Yet the entire

audience is moved to reflection upon their own lives — what they contain, how transient they are and, after introspection, the lives of young men, women, children killed in war. It seems resurrections always affect people that way.

DMDS handled the play quite well — costume, make-up, set-design, lighting, and sound adequately conveying the confusion of the characters on stage and the emotional stresses and strains both characters and audience go through. The ending is handled perfectly — the emotion culminates in a positive and rewarding joy which lingers to manifest itself in constructive and valuable reflection.

Minor flaws were evident, particularly in the acting — a few lines being missed, a few voices too loud, a few repetitive gestures — but this did not mar the overall effect of the play. Direction by D. Ray Pierce was excellent considering the difficulties the play presents. Pierce and DMDS should be complimented on choosing this play and doing it so well.

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JAZZY SYMPHONY SNAZZY

by Alison Manzer

The James Davis Group certainly seemed to be the superior group in the Atlantic Symphony program last Sunday in the Cohn auditorium. The Atlantic symphony began the concert poorly with a piece which seemed to lack rehearsing and the least semblance of homogenous blending in the music.

After the poor beginning the second piece was a pleasant surprise. The "Fuga aus dem Musikalisches Opfer" had a strong melody which prevented the multitude of instruments from overwhelming the total effect of pleasant sweetness. "La Creation du Monde" was also beautiful and harmonious; it more than made up for the disappointment of the opening.

The James Davis Group came on very strongly and continued that way throughout. "Afro-Blue" was fast, strong and short, with an intricate beat intruding at most times. The light show which

accompanied this, and all the remaining pieces, added a great deal to the concert. It was interesting, well done and interpreted the music to a remarkably involved extent. The second work "HumAllah HumAllah HumAllah" was capable of holding interest with little effort, which was a change from other pieces of the same nature. The musical pattern wove from one tempo and mode to another with a facility which lied about the extent of the changes.

The combined effort of the James Davis Group and the Atlantic Symphony "time did emit cool dense cities" was a rather unique experience. The two did not blend but, rather, seemed to offset each other and create co-existence but not involvement. The combination was effective, however, and the work seemed to be musically well done.

It was an interesting musical evening and, omitting the first part, worth attending.

Campus cop inquiry on



peter clarke/ dal

The Dalhousie Senate has established a committee to examine the Campus Police at this university.

According to Chairman Peter Harvison, the committee was set up because the duties, functions and powers of the CP's are presently very vague. It consists of two students (Brian Smith and Jim Coalles), two Senate members (Professor Charles and Harvison), and a representative of

the administration (H. J. Uhlman).

One closed meeting has been held with representatives of the CP force to clarify the issues to be considered. The committee will shortly go before the Senate and then will begin a series of open meetings where anyone interested may voice their opinions. It is hoped that a final

brief will be submitted to the Senate by December of this year.

The committee is also writing to other universities in Canada and the United States to learn new policies that are in use.

At present the CP's have largely ill-defined powers as agents of the university, most of which are a series of don'ts.



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