

Man & Myth

By RICHARD K. ANDERSON

"Dramatically Forever"

I recognize you! You read "Man and Myth" last week, right? I thought so — I have a thing for faces. Actually I have a thing for entire bodies, but faces have always held a special place for me: right up there on the front of the head.

Last week my co-columnist and I promised to entice you each week with excruciatingly orgasmic mind-blowing concepts. We figured you couldn't ask for much more. That, a bowl of Heavenly Hash, and a stack of completed assignments are as close to nirvana as you or I are likely to get.

This week I have written the column, Morgan J. takes over the next. The following week I will cover a concept that will eradicate boredom from your life forever and is true to boot: the left and right side of your brain have independent streams of consciousness. You never again will find yourself alone. Intriguing huh?

This week I will offer less intriguing but more fascinating fare: a method that will add 12 to 18 years to the life of an average person and decrease the amount of their illness by 35%. I am convinced that once you read this column and the book I mention that your life will be changed dramatically forever.

Why should you care? Because one day you will stop, call it die if you prefer, and I don't think you like the idea of stopping. I can think of two or three incredibly enjoyable things I could be doing during an extra 12 to 18 years.

You could exercise regularly, which once you appreciate getting high on endorphins is a real joy. You can reduce the intake of drugs (alcohol, nicotine, THC, and more nasty varieties) which involves a trade-off of pleasure now for pleasure later — always a difficult decision. Or you can keep your body as finely tuned as possible by ingesting the optimum dosages of nutrients. For most people this last method gives by far the best ratio of greatest gain for least cost.

Linus Pauling defined in 1968 (what was your state in 68?) the beautiful science of Orthomolecular Medicine: "The preservation of good health in the human body of substances that are normally present in the body and are required for health".

Linus Pauling (1954 Nobel Prize in Chemistry, 1962 Nobel Peace Prize, publisher of over 400 papers) published for the public in 1970 "Vitamin C and The Common Cold", which was awarded the Phi Beta Kappa award for best scientific book of the year. Although five excellent blind and double-blind studies since 1942 had conclusively demonstrated that Vitamin C had value in controlling the Common Cold and reducing illness, nine more were carried out between 1972 and 1975 to prove Pauling wrong. They proved him right. He therefore published "Vitamin C, the Common Cold and the Flu" for the public in 1976. This book my friends, will change your life, dramatically, and forever, because it will convince you to supplement your diet with ascorbic acid (Vitamin C), and convince you to take full advantage of the state of the art in health today: Orthomolecular Medicine.

I can not convince you of this in a single column. I hope to convince you to read "Vitamin C, the Common Cold, and the Flu", which Phil 1053 taught me is good enough. Linus Pauling estimates that the improvement in health caused by the optimum ingestion of ascorbic acid will cause an increase in the life-span of the average person of between 12 and 18 years. A measure of the increase of quality of life can be found in the discovery that the — x studies carried out on Vitamin C and the Common Cold — three at the University of Toronto — showed an average decrease in illness of 35%.

What other benefits can we get from Orthomolecular Medicine? A strong association between reduced incidence of heart disease and the regular ingestion of tocopherol (vitamin E) was shown by a survey of 17, 884 people between 50 and 98 by Richard Passwater Ph.D. The survey included 2,508 people between 50 and 98 that had taken 400 IU of tocopherol daily for 10 years or more. Although based on U.S. Dept. of Health, Education, and Welfare figures (HRS 74-222) you would expect to find 836 of these having heart disease there were only 4. A second group of 1,038 had taken 1,200 IU or more of tocopherol daily for 4 years or more. Although you would expect 323 of these to be suffering from heart disease there were only 7.

The optimum dosage of Vitamin C lies probably somewhere between 1 and 10 grams for most people. You may regularly be able to get one quarter of a gram in your diet if you eat very well. You don't eat very well. (Part II next week)

18-THE BRUNSWICKAN

Criticisms for album unfounded

By WILDRED LANGMAID
Brunswickan Staff

The Psychedelic Furs - Mirror
Moves

*We're still experimenting.
We're trying to get over to
some people who might not
otherwise be listening to us.*

-Richard Butler

The fourth and latest album by the English group The Psychedelic Furs, Mirror Moves, is certainly their most subdued effort yet. As such, it has elicited a mixed response worldwide, though several British publications have been lavish in their praises.

Particularly when one recalls with fondness the past music of the Psychedelic Furs, Mirror Moves comes off as a rather blah product on a first listen. However, it is truly an album which grows on you. In fact, it could be said that it is their most easily understood album to date. Agreed, it was clear that the Furs were opinionated young men on their marvellous 1980 self-titled debut, but the thread tying things together was often rather flimsy. The same thing could be said, albeit to a lesser extent, for their next two albums Talk, Talk, Talk and Forever Now.

Today, the Furs are essentially a trio — vocalist Richard Butler, who writes all of the group's lyrics, giving their material a distinctive personality with his sneering Cockney-inflected voice, bassist Tim Butler, and guitarist John Ashton. Mirror Moves producer Keith Forsey serves as drummer and percussionist on the album and saxophonist Mars Williams makes occasional contributions. The textured instrumentation still revolves around Butler's vocals.

Richard Butler remains as intriguing a lyricist as ever, such as in "Alice's House" "High Wire Days", which rank among the album's prime cuts. All of the tracks are perfect for ADR radio stations, and there might be a singles chart hit in the sax-rich "Heartbeat".

However, the cream of the album is "The Ghost In You". The lyrics are superb, and Butler peaks vocally in a song awash with a glorious instrumental background, including flutes.

Overall, I personally preferred the earlier work of the Psychedelic Furs. However, it is nothing short of closed-minded to dismiss Mirror Moves as a dud simply because it is not in fact a mirror move.

upcoming

FRIDAY, OCTOBER 4

The Living Sober Group of Alcoholics Anonymous holds an open discussion meeting at 8:00 p.m. in Rm. 105 of the Administration Building of St. Thomas University. Open to anyone concerned with problems of drinking or staying sober. Phone 357-3448 for information.

SATURDAY, OCTOBER 6

Malaysian Students Social, Rm 26 of the SUB at 8:30 p.m. - 1:00 a.m.

Coffeehouse at Memorial Hall at 7:00 p.m. Come and welcome the Peace Caravan.

MONDAY, OCTOBER 8

The UNB Scuba Club will have a pool session from 8:00 to 10:00 p.m. For all those scuba students who wish to attend Ed Sunday will be there to help you.

TUESDAY, OCTOBER 9

UNB/STU Curling Club General Meeting at 7:00 p.m. in Rm 26 of the SUB.

NEW TALENT, Visual Arts, Poetry, and Musical compositions, the first annual juried competition open to full-time UNB and STU students. October 9 to 17.

WEDNESDAY, OCTOBER 10

Entry deadline for Co-Ed Recreational Volleyball.

Entry deadline for Men's Intramural Basketball.

AIIESEC GENERAL MEETING: SUB Rm. 103 at 6:00 p.m. New members welcome.

AIIESEC'S Fall Regional Conference will be held October 12 to 14. All AIIESEC members welcome. For more information contact AIIESEC at 453-4968. SUB rm. 106.

UNTIL October 18th - "Dykelands" an exhibition of Contact Prints by Thaddeus Holownia.

UNTIL October 18th - "New Talent" a competition for UNB and STU students in visual arts, poetry, and music.

"...the wire that holds the cork
that keeps the anger in
gives way
and suddenly it's day again
even though the day is done
two suns in the sunset
hmmmmmmmm
could be the human race is done..."

R. Waters/1983

Peace Caravan
arrives
Saturday, October 6

"Peace through Education"