

Nutrition is just an aspect of Lifestyle (the conscious realization of doing what you think is right). In this article we can only reflect the bias of who we are. (forgive that journalistic transgression.)

While I was in the University of Toronto, smoking cigarettes drinking coffee and wine and doing drugs I began to seek for truth. (seek and you shall find). This is a goal which can only be attained by the purification of the mind. I suddenly realized that you cannot purify your mind while defiling your body --- you are what you eat, drink, respect inject inhale, desire, etc.. Our body is our temple where we live, learn and through which we are connected with the rest of the world.

I started my body purification by quitting smoking cigarettes doing dope, alcohol, and caffeine, in short everything which was speeding me up instead of slowing me down. I studied nutrition and decided to become a vegetarian for a period of time as an experiment

due to the pollution of meat products by the dealers. Since then I have found many more reasons for not eating meat as well as more than adequate alternate sources of protein, and have no desire to ever eat bodies again.

My diet changes daily with new information but is basically simple and consistent: fresh vegetables properly prepared, fruits, nuts, whole GRAINS, cheese eggs milk products, in short foods unprocessed, untreated and unaltered by food companies. It is often hard to find these foods in their natural state but the search is always rewarding. The chemicals used by food processors to preserve food, the chemicals used by farmers to grow larger crops and the chemicals added to foods under the auspices of "vitamine enrichment" are not for the good of the consumer.

Nutrition

This pollution is just another short cut, another way of enabling them to give you less and thus make more money for themselves.

By taking natures foods and learning to prepare them you will learn and gain much. I can't describe to you the changes for the better I have been through since becoming aware but ~~isn't it by youer~~ will experience it for yourself. You will be amazed. Conscious is just another step along the path to bliss. "To understand LIFE WE MUST understand ourselves. That is the beginning and the end of education.

Coke takes rust of nails and dissolves copper, what do you think it does to the delicate balance of your digestive system. white sugar and flour have had all the nutrition refined out of them and contain harmful bleaches. Big business controls the food and drug administration so don't depend on them to protect you, learn about the life you are living.

The first priority is that you must love yourself, accept your body as a vehicle donated to you by God for this journey through life. Take care of it.

North American society is just now at the point where as much food is thrown away "because it is blemished" as reaches the market ~~and~~ where more synthetic, plastic, imitation foods are on the market than real foods.

If you desire to spend less and get more--- study nutrition and examine the foods that you plan to buy, looking for nutritional value. You will be discovering to your horror that North America (the richest area in the world, if you care about gross national product) is vastly under-nourished, and that many of the psychological problems of our society stem directly from malnutrition. If you care about yourself look into nutrition. Go to the Root Cellar and get some literature. Once you know what to buy, get it in quantity or grow it yourself. It is your political obligation to stop supporting the dealers in plastic food.

In this media only the stimulus to learn can be provided, if you want to talk more about food or life in general contact us at:

Namaste Farm
RR 4 Cornwall

Ron, Cheryl, and Eric

Please deposit this Poll in the boxes located in the Barn, Marion Hall, and the Library.

In order to gain an idea of student attitudes towards their government (ie. The Student's Union) we are conducting a survey in the form of the following fall. This survey is part of a political science project and the results will be used for this purpose only.

YOUR CO-OPERATION WILL BE GREATLY APPRECIATED

- 1) College Year: (circle one)
a) Freshman b) Sophomore c) Junior
 d) Senior
- 2) Faculty: a) Education b) Arts
 c) Science d) Engineering e) Business
 f) Home Economics
- 3) Do you think the Student Union could help get more people involved? (check one)
Yes _____ No _____
- 4) How often do you go home for the whole weekend? (if applicable)
- 5) Would you spend more weekends on campus if there were more or better activities? (check one) Yes _____ No _____
- 6) What do you think of activities on campus? (check one)
Not Enough _____ To Many _____
About Right _____
- 7) Do you know who your representatives in the Student Union are? (check one)
Yes _____ No _____
- 8) Would you run for Student Union Office? (check one) Yes _____ No _____

Any general suggestions or complaints?

HORRORSCOPE

Scorpio Oct 23- Nov 21
Beware a Virgo is after your hide.

Sagittarius Nov 22- Dec 21
Say the magic words and Rumpelstiltskin will turn you into Humpty's Dumpty.

Capricorn Dec 22- Jan 19
norcirpac delleps
sdrawkcaB uoy era sdrawkcaB
BACKWARDS you are BACKWARDS

Aquarius Jan 20- Feb 19
When the moon is in the seventh house and Jupiter is in line with Mars then your water pipe will burst and those little green men will run all over your body.

Pisces Feb 20- Mar 19
Friday is your bad day someone will eat you.

Aries Mar 20- April 20
Your roommate is two-timing you.

Taurus April 21- May 20
You are very disagreeable this week as you are bull headed.

Gemini May 21- June 20
Just because you run around in circles doesn't mean you're a big wheel.

Cancer June 21- July 20
You got it? You should see a doctor maybe?

Leo July 21- Aug 20
Your roar is much worse than your bite.

Virgo Aug 21- Sept 22
Your lucky week. Do it! Do it! Do it! Especially if it feels good.

Libra Sept 23- Oct 22
Stay away from the classroom and it will be a fun week especially with Mateus '42.