

378.05
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23
STRONG ROOM

COPIED
28 SEP 1971
OF ADELAIDE

THE WITCHES' SABBATH



... they come riding goats



... they trample the Cross underfoot ...



... they are made to be baptised again in the name of the devil



... they give their clothes to the devil ...



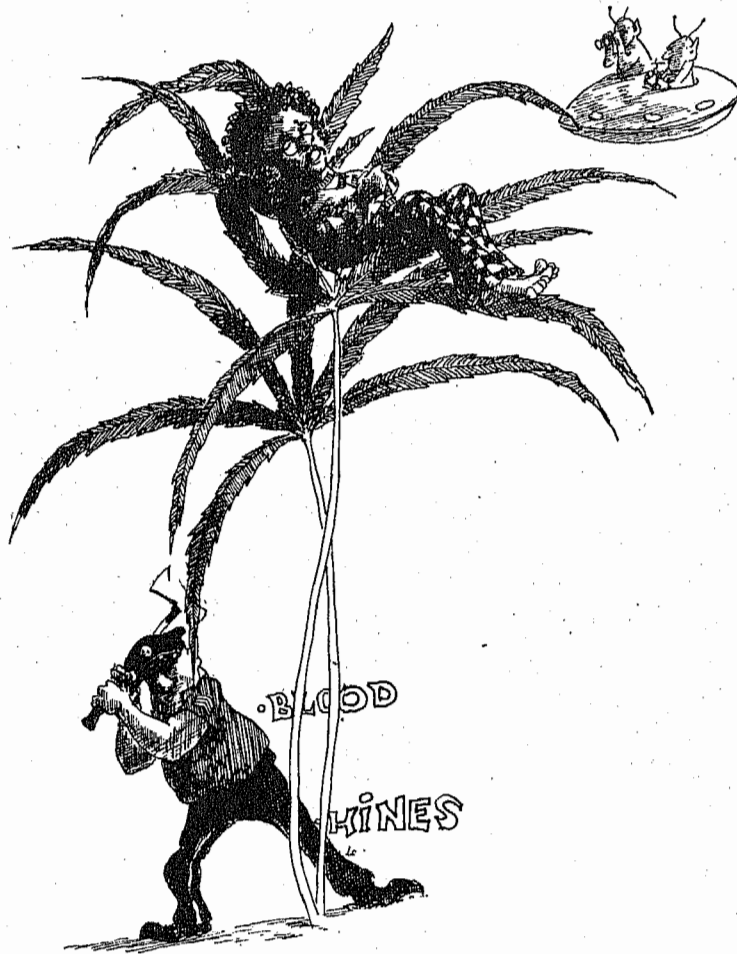
... then they kiss the devil's private parts behind ...



... and they dance in circles back to back ...

ON DIT

EXTRA SPECIAL ESOTERIC FREE
PROSH ISSUE 3,000 ONLY!



KOOL AID

for anyone thats into this scene
its just as well to know.....

(Reprinted from a sheet distributed to drug users in Kings Cross,
1970)

MR FISH
poor dropouts make
good leathergear
Bowmans Arcade

Part Time Work
Available
Earn good money
Hours to suit
Apply 646207 7am-7pm

Hegels Angels :-
CHIPS RAFFERTY MEMORIAL
★ Anticonference ★
Heads smash the state!
in Melbourne. Aug 21 →
dope, sex, W.C.Fields, Marx (Groucho)
see your friendly local Hegel's Angel
for more details!

• Poem •

One day being flamboyant
Will get me into real strife
I've had plenty of warnings too.
Take pets. Can you imagine
Menstruating Great Danes.
Brian Medlin?

MARIJUANA

There are no harmful effects from use of marijuana, although its stronger brother, hashish may be opiated. This makes it soft and black and it can have some unpleasant side effects. In these cases, encourage vomiting by drinking common salt in water, the more the better.

LSD

Some LSD 'cocktails' on sale may contain amphetamines or strychnine.

STRYCHNINE: One of the most powerful stimulants, it has a very low minimum lethal dosage and is therefore extremely dangerous. Strychnine has a very bitter taste and tasting an LSD tablet before use may announce its presence. A person affected by it may be able to use ten times his normal strength and may be uncontrollable during a bad stage of the trip. There may be a feeling of suffocation or convulsions.

Results in acute deficiencies of Vitamin B12 which can, and usually does, result in severe cramps.

Emergency treatment: If medical aid is not immediately available, intravenous injection 100 milligrams of sodium pentobarb. Seek immediate medical treatment. Supplement this treatment with two multi-vitamin capsules.

AMPHETAMINES may induce "freaking" on acid.

Emergency treatment for bad trips: If no medical aid available, oral ingestion of 50 milligrams of "Melloril" (thieridazine hydrochloride). Repeat twice if necessary. If "Melloril" is not available, oral ingestion 50 milligrams "Largactyl" (chlorpromazine). Do not repeat. Do not use "Largactyl" for STP.

LSD results in general vitamin deficiencies which should be corrected by taking two multi-vitamin capsules ("Supradyn") with a hot drink, preferably milk.

PSYLOCYBIN (Mushrooms)

May result in extreme mental anguish with cramps in abdomen and confusion. There is an imminent fear of death if the patient does not realise what is wrong.

Emergency treatment: 100 milligrams "Doriden" taken orally with "Pethidine" or similar painkiller as required.

AMPHETAMINES

Speed kills. Prolonged use of methedrine causes a serious medical condition which resembles paranoid schizophrenia.

Emergency treatment: Drink 50cc of "Dormol" (Chloral hydrate 4.5% solution). Dormol is normally available without prescription. Seek immediate medical treatment.

Results of use may include cramps, delirium tremors, convulsions, kidney and liver damage, abscessed arms, thrombosis, B12 deficiency.

Emergency treatment: Heart massage if cardiac arrest takes place, mouth to mouth resuscitation, hospitalise as soon as possible. 5 milligrams of methedrine may be taken for each 100 mg of barbiturate taken. Keep patient awake.

OPIATES

(Morphine, opium, pethidine, Plafium, Omnopon and Scopolamine, Methadone, Codeine, Heroin, Dilaudid).

An idiosyncrasy to opiates is not uncommon and persons may become very sick and possibly dehydrated. Preferably drink normal saline and dextrose (available without script). As much fluids as possible should be taken.

Emergency treatment: Where medical treatment is not available, intravenous injection 10 to 20 milligrams "Lethidrone" (nalorphine hydrobromide). Repeat only once if no response in 3-4 minutes.

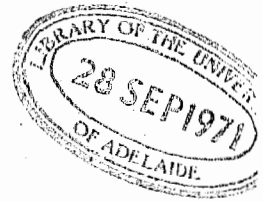
IMPORTANT: For overdoses of all opiates, intravenous injection 8 grains (00 cap, 1/2 teaspoon) of common salt in 1 mil of water. Repeat once only if no response. Max rec. dose: 16 grains. Inject rapidly.

Treatment: artificial respiration and hospitalise immediately. Possible use of barbiturates to control convulsions.

TARANTULA

BOB
DYLAN

• extracts •



Hopeless & Maria Nowhere

raggly ann daughter of brazos & teeth in the necklace -- ornary in the flash & the border with big laugh of bullfight ghost & LIBERACION & she, with the leader mother theif & peeking DOS PASOS MAS ee & crazy ALLA LUEGO UN RAYO & insane DE SOL & taking the brothers to bed & to boredom -- heat in every corner like the silent parrot by SALA UN DIA & made like a hatter & the pig barker -- maria ESTAS DESUDA she digs holes on my eyes the size of the moon while her father, he keeps the hill warm & uncritical from deacons & the younger missionaries -- maria sleep lightly PERQ TE QUITARAS cursing blond dynamite & TUS ROPAS there is a hatchet in maria's makeup & the spike driver moans, they sound on her sink like the fornicating rattle snake -- friendly on her nature & MARIA PROQUE LORAS & i give you my twelve midnights and kick you with leap year & protect from the crooked words & loyalty to the power works & these little frogs with note books . . . maria PORQUE TU RIES ? freedom! she's the yard bird, the constant & the old lady is made of marias & dogs yelping & RECUERDOS oh how the furious yesterday, pyria SON HECHOS laying bang DE ARCAICOS with simple simon NADAS is right now the poison nothing & maria, me & you, we make up three TE QUIERO do not churchize my nakedness -- ia am naked for you . . . maria, she says i'm a foreigner, she picks on me, she pours salt on my love

The sociology of Tarantula's existence -- how it passes from hand to hand like drugs among longhairs, the xeroxes of xeroxes of xeroxes sold, rented out or used a barter in monocopies of how Dylan stopped publication just before publication and just after Tarantula shopping bags and Tarantula rouser buttons had been liberally shuffled into subway crowds.

Dylan's unpublished manuscript has become a revolutionary contraband work of art. Precious is its appreciation by those who find their hands on a copy. Maybe Dylan himself sent the first five copies out into the public sea -- copied them on the tables of five Automats at random -- in an experiment in publishing (bringing the process back to its bottles-washed-upon-the-sand origins) to see if anyone would take notice. The sociology of a book like this is half the entertainment. More than half, maybe!

Saying Hello to Unpublished Maria

you taste like candy TUS HUESOS VIBRAN yowee & i'm here because i'm here because i'm starving and swallowing your tricks into my stomach ERES COMO MAGIA like the greasy hotel owner & it's not your father i'm hungry for! but i will bring a box for him to play with. i am not a cannibal! dig yourself! i am not a skydiver/ i carry no sticks of dynamite ... you say NO SERE TU NOVIA & i am not a pilgrim neither TU CAMPESINA & you dont see ME crying over that i cant be sad & wonderful & yippee TU FORMA EXTRANA your horseness amazes me/ i will stand -- oh honourable -- on the window of your countess even tho i am not a window shade & Bang SOLO SOY UN GUITARRISTA all i do is drink & eat. all i have is yours

i'm telling you, the next you threaten to commit suicide in front of me, i'm just gonna haul off and blow your brains out y'hear', y'read me i'm so sick of having you bring me down that i'd just as soon tie you up & ship off to red china. another thing! you better take good care of my mother. if i hear that youre taking out your misery on her, i'm coming to see what i can do about things once and for all ... why don't you learn to dance instead of looking for new friends dont you know that all the friends have been taken

yours
Hector Schmeector

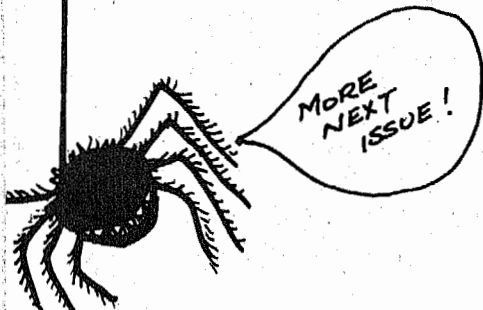
ok. so i shoot dope once in a while. big deal. what's it got to do with you / i'm telling you mervin, if you don't lay off me, i'm gonna rip you off some more where that scar is, y'hear? like i'm getting mad. next time you call me that name in a public cafeteria, i'm just gonna haul off and kick you so you'll feel it like i ant even gonna get angry. i'm just gonna let one fly. fix you good

better watch it
The LAW

translate this fact for me, dr blorgus: the fact is this: we must be willing to die for freedom (end of fact) now what i wanna know about the fact is this: could hitler have said it? de gaulle? pinnocchio? lincoln? agnes morehead? goldwater? bluebeard? the pirate? robert e. lee? eisenhower? groucho smith? teddy kennedy? general francho? custer? is it possible that jose melis could have said it? perhaps donald o'connor? i happen to be a library janitor, so could you please clarify things a little for me. thank you . . . by the way, if you do not have a reply to me by this coming teusday, i will take it for granted that all these aforementioned people are all really the same person . . . see you later as i have to take down a picture of Lady GODIVA as the mental students are touring her in an hour. . .

considerately yours
Popeye Squirm

ON DIT, Thursday, August 5, 1971--3



Sitting in Rymill Park

I've been here for a year maybe

the shaggy birds are nearer me
than seven months ago.

in just a month
they've quickened several yards.

Their beaks are redder now
(quite easily to be seen
against the green)
from pecking blood-across the grass.

I fear they won't come any closer
they've reached that point of tension
brutes seem to reach
when proximate to a civilised being

Shaggy, heavy
innocent in a savage way

I have no food for them;
at least for another year.

Peter Hicks.

pyromaniac burning/sings, dances . .

rob tillet simon bronsky peter hicks/ dada-love-anarchist
revolution. Buy their own book (produced and printed by them
in person) — the pyromaniac: song & dance, offset printed
paperback, cover by jim cane/ raga press, a poets co-op.



Song of Australia

wiping my arse my country
on your newspapers
Innocently
smearing the years away

Simon Bronsky

Play

Act 1.

NIXON: perhaps you've heard the
new word it's
vietnamisation that's what we're
doin' now
vietnamising the vietnamese
personalising people
THIEU: libracising libraries
PARK: monopolising monopolies
CHIANG: americanising utah
HOLYOAKE: ostracising ostriches
McMAHON: circumcising . . .
ALL RUNNING DOGS:

Act 2.

(peasant stops stage left, pops out both eyes,
replaces them with cocacola bottle tops, un-
screws legs and plumps his stumps on a pair
of sophisticated anti-personnel automatic
shot guns, drops his arms and sprouts do-it-
yourself spangled banners, shirt drops to
reveal pregnant drum tight napalm bomb; he
stuffs a 180 degree radius 50 yard killing
field claymore mine into his fly, waltzes
vomiting stage right singing halls of monte
zuma)

Act 3.

Cast assembles on stage, smiles.
(audience smiles)

CURTAIN

Simon Bronsky

Dorimonde
the fish boy
sleepily eating watermelons
letting his fish stink beside him

Kai, Kai, Kai

a gull floats over the flat rooves

Rob Tillet



Commonwealth Cadetships 1972

Cadetships are expected to be available in 1972 for students wishing to continue degree or diploma courses in these fields.

ACCOUNTANCY
 AGRICULTURAL ECONOMICS
 ARCHITECTURE
 ARTS (ECONOMICS)
 BACTERIOLOGY
 BIOCHEMISTRY
 BUILDING TECHNOLOGY
 COMMERCE
 ECONOMICS
 ENGINEERING (10 categories)
 FORESTRY
 GEOLOGY
 MATHEMATICS
 MEDICAL TECHNOLOGY
 MICROBIOLOGY
 OCCUPATIONAL THERAPY
 PHARMACY
 QUANTITY SURVEYING
 SCIENCE
 SOCIAL WORK
 STATISTICS
 SURVEYING
 VETERINARY SCIENCE

Cadetship	Accountancy	Agricultural Economics	Architecture	Arts (Economics)	Bacteriology	Biochemistry	Building Technology	Commerce	Economics	Engineering (10 categories)	Forestry	Geology	Mathematics	Medical Technology	Microbiology	Occupational Therapy	Pharmacy	Quantity Surveying	Science	Social Work	Statistics	Surveying	Veterinary Science
CADET AGRICULTURAL ECONOMICS	●																						
CADET AGRONOMIST		●																					
CADET ARCHITECT			●																				
CADET AUDITOR	●							●	●														
CADET DEFENCE SCIENCE										●		●											
CADET ECONOMICS				★				★	★														
CADET ENGINEER										●													
CADET EXAMINER OF PATENTS										●													
CADET FORESTRY OFFICER										●													
CADET GEOLOGIST												★											●
CADET GEOPHYSICIST												★											●
CADET MEDICAL TECHNOLOGIST					●	●								●	●								
CADET METEOROLOGIST																							●
CADET OCCUPATIONAL THERAPIST																●							
CADET PHARMACIST																	●						●
CADET QUANTITY SURVEYOR							●																●
CADET SOCIAL WORKER																							●
CADET STATISTICS				★									★										●
CADET SURVEYOR								★	★				★										●
CADET VETERINARY OFFICER																							●

Not all of the cadetships are available every year, but those listed above are expected to be available for 1972.

All of the cadetships offer full salary while you complete your study full-time, followed by automatic promotion on successfully completing the course.

Salaries during training range from \$2080 to \$3343, according to age and qualifications. Cadets who are already graduates will receive special allowances.

To be eligible for a cadetship, you must by 1971 have completed at least your first full-time year of the degree or diploma course and be under 28 on 27th March 1972 (under 33 on the same date for social workers).

★ To be eligible for Cadet (Statistics) or Cadet (Economics) undergraduates should be completing by 1971 at least second year of a proposed appropriate honours degree course. For Cadet Geologist, an undergraduate must by 1971 be completing third year of a proposed honours degree in Science with Geology as a major subject; for Cadet Geophysicist, he must by 1971 be completing third year of a proposed honours degree in Science, with Mathematics at second year standard and Geophysics at third year standard, or Mathematics and Physics at second year standard and one or more of the subjects of Physics, Geology, Mathematics, Electronics or Electrical Radio or Mining Engineering at third year standard.

SCHMURZ

SCHMURZ, Boris Vian's "Empire Builders" is already a classic of the modern theatre. It has been called and is "comédie, compelling, sombre, grim but great." It is all these things, and more; a bubbling cauldren of microcosmic life and death. It is a fascinating gripping combination of humor and hate.

A by no means ordinary, but eminently respectable bourgeois family of father, mother, daughter and their maid, flee within the confines of their own home, from a strange, unknown and terrible "Noise" which pursues them as they move upward from floor to floor until they reach the attic. As the daughter says, "you can't sink any lower." In each room they are confronted by the SCHMURZ, a torn battered monster who suffers in ghostly silence as the family casually beats, whips and lacerates him. Yet the SCHMURZ always awaits them in a progression of mounting horror and the family is reduced to nothing as the curtain falls on one of the most gripping scenes in the modern theatre.

What is the SCHMURZ?

It is life and death, the id and the ego, it is man's inhumanity to man, it is man's inhumanity to himself, it is man's inevitable end, and his invincible future.

The SCHMURZ is "now", thought-provoking, and most of all the distilled essence of all the world on stage, in two words "exciting theatre." SCHMURZ by Boris Vian, directed for the Adelaide Theatre Group, Sheridan Theatre North Adelaide by Jon Dick.

Thursday to Sunday for three weeks.

Commencing Thursday, 12th August, 8.05 p.m.

CAST:

Leon Dupont, the father - WARWICK COOPER
 Zenobia, the daughter - NONA BURDEN
 Anna, the mother - YVONNE HOWELL
 Mug, the maid - DI CHAMBERLAIN
 The Schmurz - MARTIN CHRISTMAS
 Sound by Pepper Productions

Full information may be obtained now from

Commonwealth Public Service Inspector's Office

IN YOUR CAPITAL CITY OR AT YOUR CAREERS AND GUIDANCE OFFICE

APPLICATIONS CLOSE ON AUGUST 12, 1971.

On Friday August 6th., this coming Friday, the University Council will consider what to do about the charges made against Zoology professor, Clyde Manwell.

Presumably the vice-chancellor will make some kind of report to Council on the issue. To date the vice-chancellor has refused to make any statement to ON DIT concerning the issue. It seems important that students and staff of this University should make it clear that the issue should be held in open Council. Now this may not be allowed. The last Council meeting which heard the existence of the charges was closed. At that meeting, before the content of the charges were formally known, the Council decided it would back the Head of Department, Professor Andrewartha, in his reply to Professor Manwell's libel suit. To date the official University handling of the matter has been unusually slow and secretive. There is now no reason for justifying that Friday's Council meeting should be closed. The issue has been public in ON DIT since Friday July 9th. The Andrewartha-Manwell-Badger correspondence is formally in the hands of the Staff Association and can be read by any interested staff member or student member. With the number of criticisms of the University administration over the matter, it would be advisable that now an attempt be given to staff students so that 'justice' can be seen to be done.

Notices of Motion to Union Council

1. "That it be a condition of the allocation of funds by the Union Council to the SRC (or its successor) for the support of the publication of ON DIT that the editors be required to publish such information about the business and proceedings of the Union Council or any of its committees as the Secretary of the Union with the approval of the Chairman of the Union Council may require; such information to be published in the form supplied and space to be made available for it in the earliest practicable edition following receipt of the material by the editors."

2. "That the foregoing directive shall not inhibit the freedom of the editors to publish also such criticism, elaboration, or supplementation of such material or such additional information about the business and proceedings of the Union Council and its committees as they may see fit."

Edgloe/Medlin

CONFERENCE: LANDSCAPE ARCHITECTURE IN CONSERVATION.

August 19-22, theatre no. 5, Napier building, university of adelaide.

Speakers include: Dr. Raymond Dasmann, eminent American authority to give the opening paper; Professor J. S. Turner, Botanist, will deal with the problems associated with damage to the landscape by quarrying; Mr. Donald Gazzard will talk good design in the urban context; Mr. John E. Gray will speak on design in the coastal landscape; and Mr. Bruce Loder will talk on landscape design in national parks.

TOM ROPER, "The Myth of Equality". Education Department Australian Union of Students. (2nd. edition, Heinemann.) Copies of Tom Roper's comprehensive survey on educational inequalities in Australia are now available in the Union bookshop. Price, \$1.35.

ONLY BIOCHEMICAL PRODUCTS CAN PROTECT YOUR SKIN AND HAIR BECAUSE THEY CORRECT DERMAL DISORDERS - KAREN COSMETICS REQUIRE PART-TIME CONSULTANTS TO SELL THEIR PRODUCTS AND HELP PEOPLE TO CARE FOR THEIR SKIN AND HAIR. SUPPLEMENT YOUR INCOME - PLEASANT PART-TIME WORK IN OWN TIME AND AREA. CONTACT: ROOM 6, BOTANIC CHAMBERS, 307 NORTH TERRACE, phone 23-2755 or a/h 58-2591

QUEENSLAND STRIKE!

ATTEMPTS TO CREATE AN ANTI - RACIST UNIVERSITY.

The implications of the continuing staff and student strike at Queensland University should be made clear to everyone at Adelaide. This article firstly briefly describes some of the events and then makes an argument for a similar development against racism at this University.

Peter Thompson, ex-economics tutor at Queensland, explained as best he could the incredible events in the banana state. The anti-apartheid movement initially was not at all strong, and far from militant. It was only after the shock of Bjelke-Peterson's declaration of a virtual police state, where civil liberties were suspended, wore off that students and staff began to think about any positive action. The prevailing mood was one of total incomprehension; the situation was almost hysterically amusing and bizarre if it was not so serious. The country police had been training for two months to bash all protesters. The oval was like a fortress. Public opinion was behind the rugby tour. Apartheid was the policy of the government towards aborigines. (See article in the last ON DIT.) What could be done?

The first moves were apparently by liberal staff and students in organising a highly successful teach-in on the incompetence of the Queensland government. This led to the concept of a strike. It was suicide to go to the oval. Police brutality was the order of the day in any street demonstrations. The only alternative was to institute a non-violent strike, to organise and discuss actively the burning issues of the day - a far cry from Professor Cowan's charge of "dedicated revolutionaries aiming to destroy the University". 200 staff members signed a petition for a strike. Police repression against demonstrators the next day. Mass meetings

decided overwhelmingly in favor of an extended strike while the rugby tour was on. And here the first important activities were carried on. Strike committees were instituted in most departments. There was mass leafletting of the city by students working in the Union for 24 hours a day - arguments against the state of emergency, against the Rugby tour, against Apartheid in South Africa and against the racist policies of Bjelke-Peterson were put forward. There was a conscious development to intellectually analyse the history of Australia's racist policies. This attempt became the focal point in declaring the University as an institution opposed to racism, in attempting to debate and carry out proposals for changing people's consciousness, and in attempting to concretely and practically oppose the Federal government's support of the tour.

It is at this point that the implications for students in South Australia needs to be stressed. Peter Thompson, in explaining these actions, described three different kinds of programs. It is these programs that can be instituted at Adelaide.

(1) intellectually working out concrete proposals to include in courses which relate to study of an anti-racist nature. This implicitly involves students in each course in each department critically examining their educational experience and to suggest changes that could lead to a non-racist consciousness. And this is a real attempt at developing a participatory education by all students and staff.



THE SITUATION IN QUEENSLAND

A Study in Black and White

VOTE YES FOR A WHITE AUSTRALIA.



(2) concrete social action in opposing the Apartheid policies of the Queensland government.

(3) demands that any social action undertaken by students in the anti-racist movement be credited as part of that student's academic course, even if the student is in science rather than politics or sociology.

At the meeting last Friday in the Lady

Symon Hall, it was decided only to call for a strike if police went on the campus at Queensland. This, despite the court injunction, now seems unlikely. More importantly it was decided to try to institute three similar programs to those described by Thompson. Bob Ellis, argued for this to be done within a South Australian context. Obviously protest must be made about the Queensland laws against Aborigines (see last ON DIT), but for us it is more important to analyse the racial situation here; to be aware of our own racism.

And here the situation is different. S.A. has the most liberal tradition in a legislative sense. The structure of racism in South Australia needs to be carefully looked at. The existence of the Anti-Discrimination Bill often tends to cloud the real heart of the matter - that the racial attitudes towards Aborigines manifest themselves in a cultural and economic way.

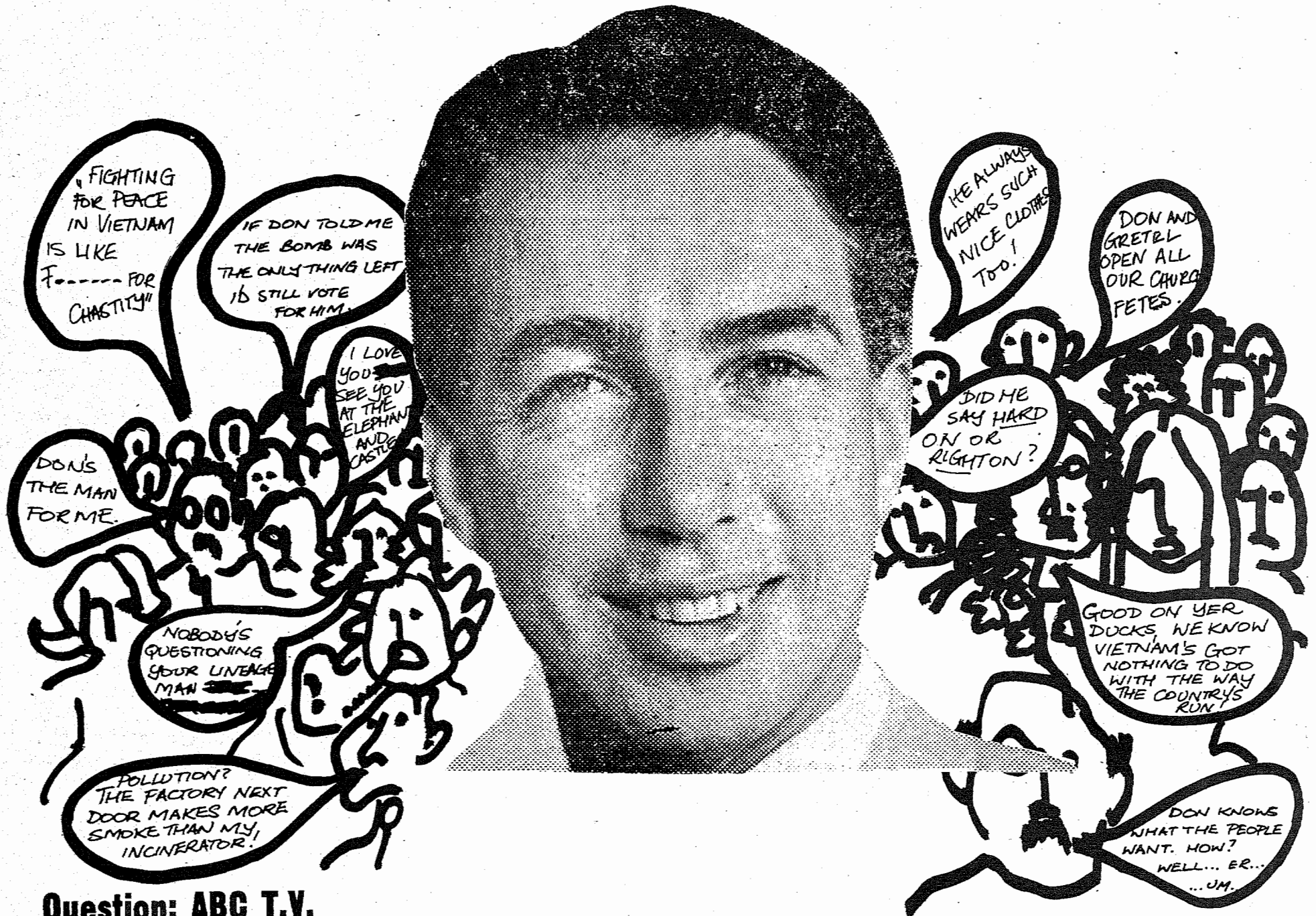
Bob Ellis spoke of two examples that need close study and action. The racial situation with regard to housing in Port Augusta and the situation at the Mallee Park reserve at Port Lincoln. He elaborated further on the problems of confronting and changing a racial culture.

The important point for students to consider in this last week, and during the vacation, is whether or not their educational experience at this University gives them the discipline to analyse the cultural aspects of Australians' racism and then the opportunity to do something positive. Obviously a moral protest at Norwood Oval is important; but the creating of real change in our society in the long run must now be the priority.

Will your course or department declare itself to be anti-racist? Can Adelaide University be turned into an anti-racist institution?

BUILD A NON - RACIST CULTURE! DEMAND ANTI-RACIST COURSES!

Personality Pin Up Poster!



Question: ABC T.V.

You called the Royal Commission Report a "guarantee of peace and order in the streets of Adelaide". Now, on June 30 we saw violence, more arrests. Where did it go wrong?

Dunstan:

It went wrong because the demonstrators, on that particular occasion, were not really concerned with demonstrating their opposition to the war in Vietnam. What they were seeking to do then was to confront authority, and if you have a look at the placard which led the demonstration, it didn't say anything about Vietnam, they said "Power to the People Right On", and the people they wanted the power to were not the people of South Australia, but the people who were leading the demonstration, who considered themselves those who were representative of the will of the people, and they are even less representative of the will of the people than our Legislative Council, which claims to know the permanent will of the people, regardless of how they vote.

1st and 2nd year Medical Officers.

Opportunities in Queensland's largest provincial centres.

Queensland is a big place. And it's big on opportunity for first year and second year Resident Medical Officers.

There are many positions available in the largest Queensland Provincial hospitals, varying from Ipswich (near Brisbane) to Cairns

in the tropical North. First year salary is \$6,130. Second year, \$6,765, third year, \$7,405, and fourth year, \$8,175.

For further details, contact:
The Medical Superintendent of the Hospital of your choice.

Ipswich Hospital.

25 miles from Brisbane, 60 miles from the Gold Coast. 250 acute general and maternity beds, with a busy out-patient department assure good experience. Staff consists of Superintendent, Pathologist, four Registrars, eight Resident Medical Officers. Most specialities are covered by visiting consultant staff on a sessional basis. The hospital is affiliated with the University of Queensland for teaching of final year medical students.

Applications to:
**The Secretary,
Ipswich Hospital Board,
P.O. Box 73, Ipswich 4305.**

Toowoomba Hospital.

A Superintendent, 10 Resident Medical Officers, 5 Registrars and 25 consultants are responsible for this 435 bed hospital. All major specialities are covered. The hospital is recognised by the colleges for Resident training, and the University of Queensland for teaching of final year Medical Students.

Applications to:
**The Secretary,
Toowoomba Hospital
Board, West Street,
Toowoomba 4350.**

Townsville Hospital.

Queensland's largest hospital outside Brisbane. Townsville Hospital serves a city of 70,000 people. At 489 beds, it is staffed by Medical Superintendent, Surgical Supervisor, Psychiatric Supervisor, Out-patient and Casualty Supervisor, 6 Registrars, and 16 Resident Medical Officers. 23 consultants attend on a sessional basis.

Applications to:
**The Secretary,
Townsville Hospital Board,
Townsville 4810.**

Rockhampton Hospital.

A modern 353 bed hospital on the Central Queensland coast, one hour by air from Brisbane or Townsville. There are nine Resident Medical Officer positions on the staff, five Registrars and twenty specialists. The hospital is recognised by the Medical Board of Queensland. Good single and married accommodation is available.

Applications to:
**The Secretary,
Rockhampton Hospital
Board, Rockhampton 4700.**

Cairns Hospital.

A full-time staff consists of Superintendent, 4 Registrars, plus 8 Resident Medical Officers. 10 specialities are covered by consultants. The hospital has 300 beds. Some accommodation is available for married residents.

Applications to:
**The Secretary,
Cairns Hospital Board,
P.O. Box 902, Cairns 4870.**

Applications close: 3rd September.



ECOLOGY

THE INITIAL "E"

LOWER CASE - TO SYMBOLIZE THE PASSIVE, YIELDING OR FEMINE ASPECT OF NATURE. THE "PRIMA MATERIA" OR "NO-THING" OUT OF WHICH ALL "THINGS" ARE MADE TO APPEAR BY DIVISION.

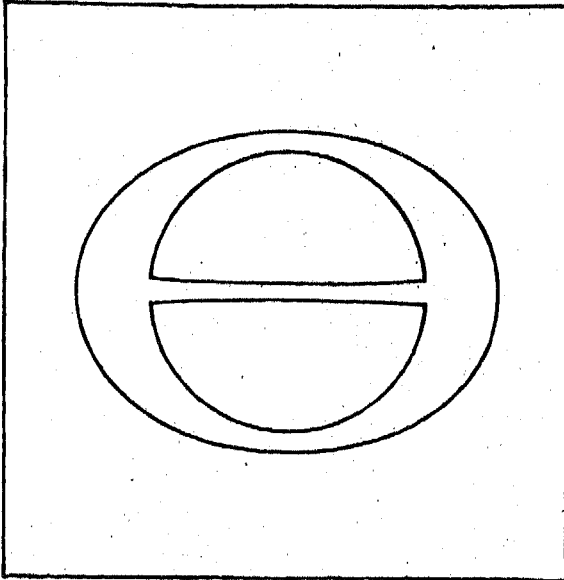
ecology (i'kol'ajj) n. 1. THE BRANCH OF BIOLOGY WHICH TREATS OF THE RELATIONS BETWEEN ORGANISMS AND THEIR ENVIRONMENT; BIONOMICS 2. THE BRANCH OF SOCIOLOGY CONCERNED WITH THE SPACING OF PEOPLE AND OF INSTITUTIONS AND THEIR RESULTING INTERDEPENDENCY. [FORMED FROM -MODIFICATION OF -GREEK. OIKO(S) HOUSE + LOGY] (HOUSEHOLD)

THE CIRCLE OR THE LETTER "O"

environment

- EARTH
- EDEN
- ETERNAL
- EVOLUTION
- ENCIRCLE
- ENRICHMENT
- ENLIGHTENMENT
- EROS
- EDUCE
- EMPATHY
- EVE
- EMOTION
- ECSTASY
- EXISTENCE
- ETC.

A SYMBOL



ORGANISM

- ONENESS
- OASIS
- OM
- OMNIFIC
- OMNIPRESENCE
- OMNIPOTENCE
- OMNISCIENCE
- ORIGIN
- ORACLE
- OPEN
- ORPHIC
- ORGY
- ORGASM
- ONTOLOGY
- ETC.

THE ELLIPSE

A SYMBOLIC DEMONSTRATION OF THE TRANSCENDANT UNITY THAT PERVADES ALL DUALITIES (ELLIPSE-THE SET OF ALL POINTS THE SUM OF WHOSE DISTANCES FROM TWO FIXED POINTS IS CONSTANT.) ALSO THE FORM OF PLANETARY ORBITS. (MACROCOSM)



THE CIRCLE (MANDALA)

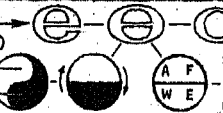
THE UNIVERSAL SYMBOL OF WHOLENESS. OF HARMONIOUS UNITY-THE CENTERING OF PSYCHIC WITH COSMOS-THE RESOLUTION OF ALL OPPOSITES (GOOD+EVIL, OOD+MALE+FEMALE=LOVE) SANITY, PEACE, BEYOND TIME+SPACE, THE SOURCE OF ALL CREATIVITY AND POWER.

THE SQUARE

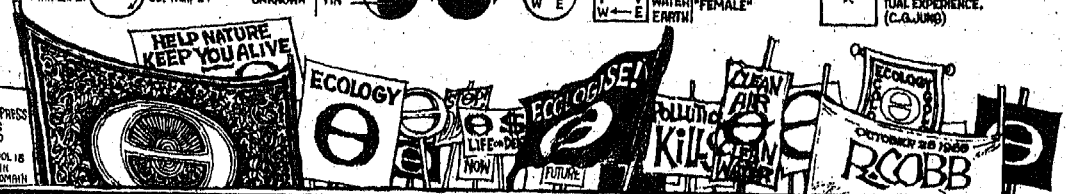
SAME AS CIRCLE BUT MORE AS CONCEPT OR IDEA THAN ACTUAL EXPERIENCE. (C.O.JUNG)

EQUINOX (ASTROLOGY)
VERNAL MAR. 20-21
AUTUMNAL SEPT. 23-24

TAOISM (CHINESE)
KNOWN YANG
UNKNOWN YIN



THE 4 ELEMENTS (ALCHEMY)
A - F FIRE "MALE"
D - A AIR
W - E WATER "FEMALE"
E - W EARTH



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yr food is part of yr whole life-style or art as much as what you do, wear etc.

yr food affects yr temper (possessiveness, aggression, passivity, irritability etc.) & yr ability to think, feel, judge, remember in a clear and healthy way.

you are exploited via food as much as through work, pollution, the conditions of yr life (urbanisation, high pressure living etc.) by those who convince you that food, or sport, or clothes etc. are not politicised as is every other area of social existence. so if yr thinking what to do about a shithouse existence take a look at the round of deli's, supermarkets and other factories that are controlling yr physical make-up and abilities.

there was this man who rescued 50 chickens from an egg factory where they'd been locked in cages all their lives, never touched the ground and bean fed high-energy, efficient-egg-laying crap; he refed em on whole grains and natural foods, gave em a taste of the earth but when they died he found their innards just full of cancers, tumors, boils... do you see yourself?

if yr trying to cut dependance on the economic system don't eat out of it either. man is healthy and strong when he's in tune with his surrounding ecology, not destroying it - when he lives off regional natural and whole foods, demonstrating an economy of life by not wasting in his own diet and activities.

"all animals and vegetables return thousands of times more than they receive. one grain is given to the earth; the earth gives back several thousand, some female fish give billions of eggs, such is the natural biological law." in 30 yrs time we'll all be dead unless we get to live in harmony and gratitude socially, physically, mentally with our natural environment. its important to realise that in creating a new culture a new way of life areas such as what and how you eat must be consistant with how you feel about every thing else.



WE ARE NATURAL BEINGS & ARE TRYING TO LIVE IN AN ARTIFICIAL WORLD. IT CAN'T BE DONE.

Those apples you bought from the supermarket for the children's lunches today, you made sure they were red, succulent and unblemished. But did you suspect they were probably shot through from peel to core, with the most powerful poisons known?

And how about that prepared cake mix for tonight's dessert? Does it contain real eggs and shortenings, or were these replaced by an inexpensive chemical that offers no nutritional value and has caused extensive organic damage and death to laboratory animals?

Take a close look at your supply of butter, oleomargarine, cheese and liquid oils. Is that their natural color? Or do they contain coal tar dyes, which are highly toxic and suspect as causes of cancer?

Next, taste the peanut butter. Is that its original flavor, or was it smothered by the addition of hydrogenated oil (linked with heart disease in man) and replaced with an artificial peanut flavor?

Do not overlook that loaf of fresh white bread you count on to give your family health and energy. Did you know that the most valuable ingredients were milled out of the flour, that it was chemically aged, chemically bleached, the dough treated with chemical softeners and preservatives to make it appear fresh, the starchy remains dosed with 3 or 4 synthetic vitamins to replace some 25 nutrients that were removed, and that the bread was then sold to you as an enriched product?

Then there's the milk you give to the children to make them grow and give them strong bones. You already know it contains Strontium 90 from H bomb fallout. But did you know the odds are better than 6 to 10 it has traces of poison and 1 to 10 it contains antibiotics? The odds are 3 to 4 the butter is contaminated with at least one insecticide and one to two of these toxic substances are in the cheese. The frankfurters are almost sure to have sodium nitrate and perhaps are dyed to give them their bright red color. Sunday's chicken may have traces of arsenic, antibiotics and artificial sex hormones, adding useless fat and water.

Virtually every bite of food you eat has been treated with some chemical somewhere along the line, dyes, bleaches, emulsifiers, anti-oxidants, preservatives, flavors, flavor enhancers, buffers, noxious sprays, acidifiers, alkalizers, deodorants, moisteners, drying agents, gases, extenders, thickeners, disinfectants, defoamers, fungicides, neutralisers, anticaking and anti-foaming agents, fortifiers and lots more.

These are the tools of the food technician — a wizard who can beguile, deceive and defraud the housewife into thinking she's getting something she isn't. His alchemy can make stale products appear fresh, permit unsanitary practices, mask inferior quality, substitute nutritionally inferior or worthless chemicals for more costly natural ingredients. These chemicals perform their mission at the cost of destroying valuable vitamins, minerals and enzymes, stripping food products of their natural life-giving qualities.

Along with nutritional loss, a prime casualty of the orgy of chemical adulteration of foods has been flavor. Processing leaves a tasteless product that is made palatable only by use of more chemicals. The deterioration in flavor applies to many fruit and vegetables. Varieties once prized for their flavor and texture have been dropped and replaced by others that meet today's criteria. The test now is: Will they produce bulk? Will they keep? Will they ship? Do they look appetizing? Flavor and nutritional value have been sacrificed to economic expediency.

Traces of these chemicals used in the growing process remain on practically all the food we eat, along with others which get onto foods accidentally during processing; the latter substances are known as contaminants. Other chemicals intentionally injected into food during processing are known as additives. Finally the finished product is distributed packaged in materials which may contribute more chemicals or cause the food to undergo chemical changes as well as causing a serious pollution problem.

These are the chemicals we eat at every meal every day. They form what has become known as the chemicals in food problem. The most serious part of this problem involves the pesticides, because they are unavoidable. The public health service has stated that it is virtually impossible to get a meal anywhere that is not tainted with these poisons.

The chemicals in food problem often is referred to as a controversy. This implies 2 schools of scientific thought: one for the use of chemicals the other opposed. The real dispute however, is between vested interests and consumer interest and rarely do these two interests coincide. Few people understand what is at stake in this issue. It is a problem so fraught with danger that it can spell the difference between health and sickness, even between life and death.

The problem has hurtled towards a crisis, for what had been a trickle of chemicals has swelled into a torrent since World War II. According to one authoritative estimate, by Arthur D. Little Inc., the use of additives in food in the U.S. rose from 419 million pounds in 1955 to 661 million pounds in 1965: a 58% gain in 10 years. The same firm estimates that the use of additives will soar to 852 million pounds in 1970 and to 1.03 billion pounds in 1975. The present rate of consumption comes to approx. 3 pounds of additives per person per year.

It has been variously estimated that there are up to a 1,000 different additives in use. Just prior to a new food law that came into effect in 1960, the Food and Drug Administration (FDA), using the most conservative estimate of 500, said that about one third were known to be harmless another third were considered safe in the amounts used, and the remaining third were in a scientific no-man's land — they were in use, but had not been adequately tested. The FDA's then commissioner, the late George Larrick, said "Our scientists do not know whether they are safe or not, but they suspect some of them ought not to be in use."

A congressional sub-committee that held hearings on the use of chemicals in foods from 1950 to 1952 decided there were 704 of these substances. The committee said only 428 were known to be safe, leaving 276 of unproved safety and the consuming public was left to play the role of guinea pig.

Some of these chemicals are so poisonous they will kill human beings instantly if eaten in large doses. But industrial chemists have argued that they are safe because they are consumed in small amounts — an argument that is the heart of the problem. Many of these violently potent new compounds never existed before in the history of the world; consequently the human system has had no experience with them. The problem is compounded because these powerful chemicals are consumed indiscriminately by young and old, healthy and sick, weak and strong, without proper consideration for individual differences. Laboratory experiments with animals are the basis for claiming these compounds are safe for human beings, but the ideal conditions found in the laboratory seldom are duplicated in the outside world, and more important, man and animals are different species. This difference was pointed out by Dr. H. M. Sinclair of Oxford Uni. who recalled the following incident: During World War II a group of soldiers in Canada became sick from eating a new kind of soup ration developed in the U.S.; when the scientist who had prepared the product was told that it had been found wanting, he indignantly replied "Why, rats grew all right on it in the laboratory."

Another problem is that frequently the people who are in the position to decide an issue of whether a chemical is harmful are judges or lawyers with no real understanding of the biological subtleties involved and as evidence of harm to human beings they require nothing less than a corpse. Injuries from defective foods usually take a long time to develop and are difficult to pinpoint.

There are various examples of such a casual attitude to testing. Coumarin, an ingredient of imitation vanilla flavors was used for 75 years in a wide number of confections before it was found to produce serious liver damage in animals used for experiments. Dulcin, an artificial sweetening agent, was used for more than a half century as a sugar substitute before it was found to cause cancer in animals. Butter yellow, a food coloring was used for several years before it was found to cause cancer of the liver.

This by no means exhausts the list. These substances now are outlawed from food but how many people are in their graves or in ill health because they once were used, how many more people are dying now or will die in the future because food laws are designed to protect commercial interests first and people after?

It is generally believed that the public is protected by the Pure Food Law but it wasn't until the summer of 1958 — some 52 years after the passing of the original law — that Congress finally got around to requiring that chemicals be tested for safety before they be injected into foods and then the new law was riddled with so many loopholes that it was largely ineffective as an instrument for consumer protection.

While the new law required that chemicals be tested and approved by FDA before they could be injected into foods, hundreds in common use had never been adequately tested. Many of these additives were scheduled to be eliminated under the new law's cut-off date of March 5, 1960, but the FDA stated that some would be permitted to remain in use another year, as provided by law, while being tested. All of the chemicals were permitted by Congress to remain in use in food, while they were being tested, for 18 months after the law was amended in 1958, so further extension could be granted by FDA. These substances were tested only for toxicity, not for their ability to cause cancer.

The public as usual played its historical role of guinea pig to accommodate commercial interests.

In 1967 two years after he retired as chief of the environmental section at the National Cancer Institute, Dr. Hueper was quoted in medical world news. He urged the government not to settle for vaguely defined tolerance levels but instead to outlaw any additives, cosmetics and pesticides that cause cancer in animals. Further he called on the FDA to make public all information on toxicity and carcinogenicity of food additives.

The FDA's present policy of strict secrecy in these matters is definitely against the public interest," he said. "It prevents an examination of the submitted evidence, as well as an independent appraisal of reasons for any approval by competent investigators not connected with interested industries, or with governmental agencies involved in these decisions."

The anti-cancer clause in the food law does not require that additives be tested for carcinogenic properties before they are considered for use in foods. "More over," Dr. Hueper said, "it limits the incriminating evidence to the demonstration that oral administration of the chemical produces a cancerous response."



Instead of being protected by strong laws restricting the use of carcinogens in foods the public has been asked to trust to the FDA's and industry's sense of responsibility. This overlooks the fact that the public isn't eating somebody's sense of responsibility, every day, virtually every meal the public is ingesting known poisons and untested chemicals — and the consumer's primary "protection" is official optimism that he isn't being harmed.

Industry's optimism outshines even the FDA's. For many years industry vigorously fought any law that would require chemicals to be tested before being used in food. In one instance a journal devoted to food technology criticised those who "leaned a bit backward in the interests of safety." Most tests were designed only to prove the substance in question was not instantly lethal.

It's a rare chemical that finds its way into the food stream because of the consumer's nutritional needs. Industry and the government alike have felt that it is enough for the public if substances are not downright harmful. Seldom indeed does an additive actually improve the nutritional value of a foodstuff.

Many additives were never designed specifically for use in foods. They started as by-products of other chemical manufacturing processes or were employed in some capacity unrelated to food. Through someone's ingenuity a use was found for them in foods. This marriage of interests between the chemical and food industries usually benefited everyone except the consumer. Typical of the foreign chemicals now used in food care are some that have migrated into various frozen confections. Piperonal, an inexpensive substitute for costly vanilla flavoring is also fine for killing lice. A nutty flavor may be imparted by butraldehyde, an ingredient of rubber cement and synthetic resins. That cherry taste is probably aldehyde C-17, a flammable liquid often found in aniline dyes, plastic and synthetic rubbers. Pineapple flavor is from ethyl acetate, better known as a solvent for plastics and laquers; its vapor is known to be irritating to the mucous membranes and prolonged exposure to it can cause chronic pulmonary, liver and heart damage.

Cheese is another foodstuff that's gone down the primrose path of chemical adulteration. Processed cheese is little more than a complex of chemicals — it is artificially thickened, stabilised, preserved, flavored and colored. Methyl cellulose, a thickener used in processing cheese, also is used to make cosmetics and adhesives; sodium carboxymethyl cellulose, a stabiliser is also used in printing inks and resin emulsion paints. Even the cheese wrapper is treated. Recently some 6,000 pounds of cheese were seized because the chemical used in the wrapping had seeped into the cheese; the contaminant was described as tasteless, odourless and as poisonous as carbolic acid.

Industry likes to point out that many products in use today would not be possible without the use of additives. Sometimes the list of ingredients sounds like a chemical inventory. In 1966 Chemical and Engineering News published an article listing the additives used in several foods, in part it stated:

"General Mills Rice Provence contains among its many ingredients — mono and diglycerides (emulsifiers), monosodium glutamate (flavoring enhancer), butylated hydroxyanisole, butylated hydroxytoluene, propyl gallate (anti oxidants), propylene glycol (carriers) and citric acid (sequestering agent)."

Candles, especially the cheaper ones, are frequently loaded with chemicals. Their test-tube ingredients include shellac (to give polish or glaze).

Probably no beverage escapes some form of adulteration. Beer and ale for example, may owe their light color and storage life to polyvinylpyrrolidone (PVP), a multi-purpose compound also found in aerosol hairsprays. Aside from completely lacking in nutritive value in itself PVP is an absorbing agent that can take up vitamins and other substances and render them less available for absorption. The compound is now being tested for use in wines, fruit juices (particularly grape and apple), fruit jellies, vinegar, cider and whisky.

Butter is another example of the food chemist's art. Winter butter is deficient in nutritive value, but its revealing paleness can be masked by adding a bit of synthetic yellow dye made of a cancer-causing substance. This particular use of a chemical to cover up a deficiency is sanctioned by law. If the butter is to be stored for a long time or shipped a great distance, it is washed so that it will keep longer, and before being offered for use a shot of diacetyl is added, restoring the butter aroma but not the missing nutrients.

To prevent spoilage carrots, oranges, apples, lemons and limes are likely to be waxed with a coal tar derivative of paraffin that is highly suspect as cause of cancer. These products and vegetables also may be contaminated with phenolic and copper compounds, ammonias and other preservatives — all questionable substances, some of which have cumulative tendencies known to imperil certain metabolic processes.

Most chemicals are accepted for use in foods if they qualify to perform the technical job required of them with no further questions asked. Will they keep the cake from falling? Will they quickly and cheaply add weight to meat animals? Will they kill insects? Will they stiffen the pickles and firm the tomatoes? Will they keep mould off the bread, make the hamburger appear fresh? Will they tenderise the steak and give it a charcoal flavor?

The primary consideration is to reduce costs and increase profits; secondary effects are ignored; why look for trouble?

What this attitude means to the consumer public is illustrated by a few chemicals in widespread use.

Beta-naphthylamine for example is a high voltage chemical which has caused bladder cancer in animals and men. It is chemically changed to make two coal tar dyes commonly used to color butter and oleomargarine — and exactly what happens to this dye in humans is not known: whether it is passed out harmlessly or if it resumes its original deadly form as beta-naphthaline. Latest testing procedures indicate that it may resume its carcinogenic properties inside the body.

Another example is the artificial sex "hormone" stilbestrol, which quickly and cheaply puts weight on cattle and other meat animals by chemically emasculating them. This chemical is so potent it is called biological dynamite.

There are also the ubiquitous pesticides, perhaps potentially more dangerous than radio active fallout.

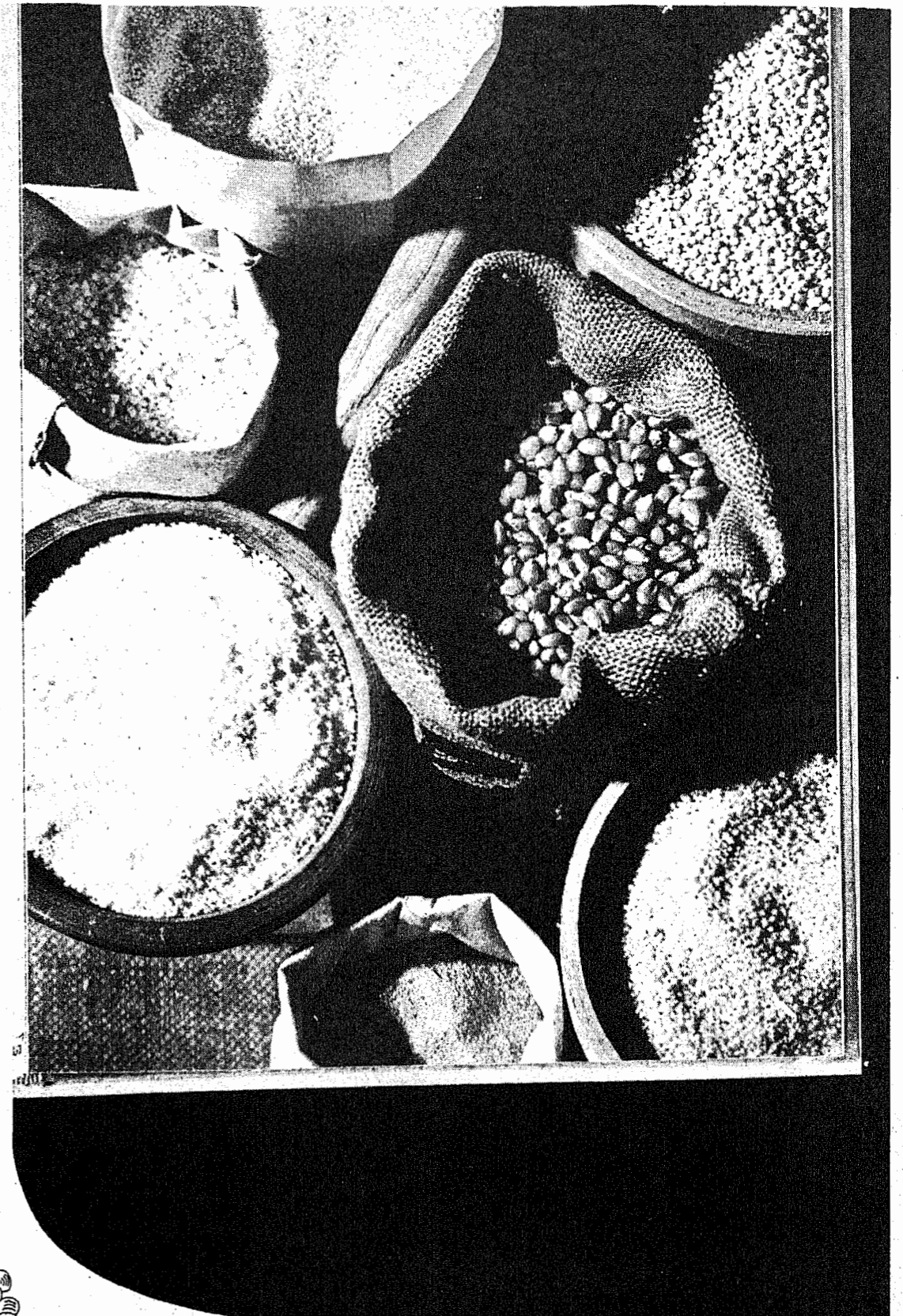
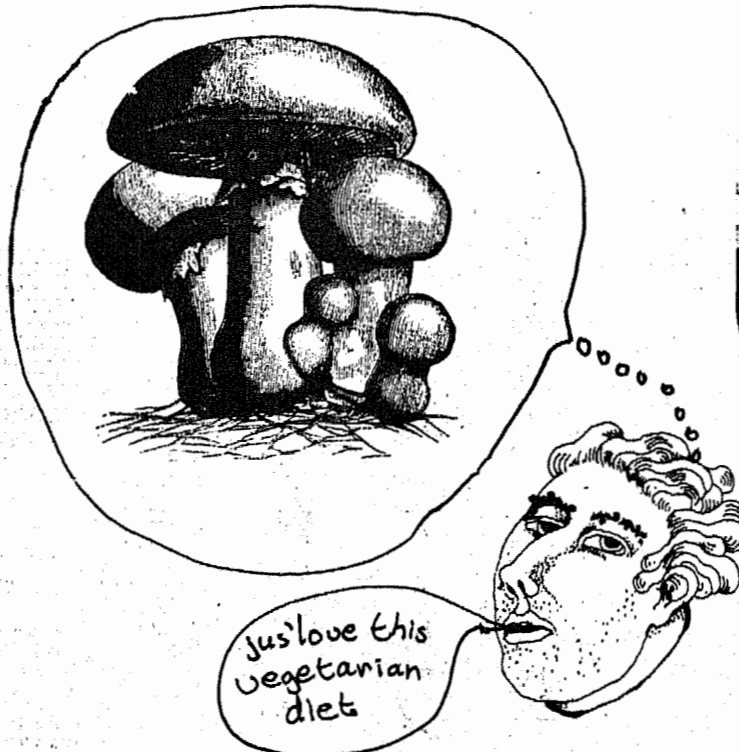
To recognise the hazards of using these chemicals would necessitate a tremendous upheaval in industry's entire approach to the production and distribution of food. It is easier to close the ears and eyes and concentrate on the immediate advantages of more food and less money. Food is treated like any other commodity of exchange: something to be produced as quickly and cheaply as possible and sold for maximum returns, good business but almost invariably bad nutrition.

As often happens, the greater the offence against a product, the more money is spent advertising its non-existent virtues. In the endless drive for commercial advantage the Australian housewife has been flattered into thinking she knows all about nutrition when in truth she is kept in relative ignorance about the shortcomings of highly refined, chemically treated devitalised foods she feeds her family; she has been given a false sense of security that she is protected by the nation's food laws. She has been indoctrinated about what constitutes good foods. Generally she does not know that it is possible to be overfed and undernourished at the same time.

Anyone who speaks out against food adulteration in any of its many forms is subject to "namecalling" e.g. "food faddist" or "food fakir." If you object to spraying food with poisonous chemicals, picking fruits green and then applying a dye, to injecting or administering antibiotics to poultry and dairy herds to removing vitamins and minerals from natural foods, to adding chemical adulterants to preserve food from normal chemical changes, you are offending some of our largest and most influential corporations. And food laws which are supposed to protect the health of the people have been perverted to protect the adulteration of food and drugs.

Consumers will never know exactly what chemicals they are being subjected to until it is required by law to label each individual product, with information as to which sprays, additives and other chemicals were used on this product, and the amounts of such substances in weights and percentages. Without this basic safeguard the public will continue to be a guinea pig, unable to choose or reject a food according to its integrity, forced instead, to choose by its appearance and advertising claims made for it.

by W. LONGBOO

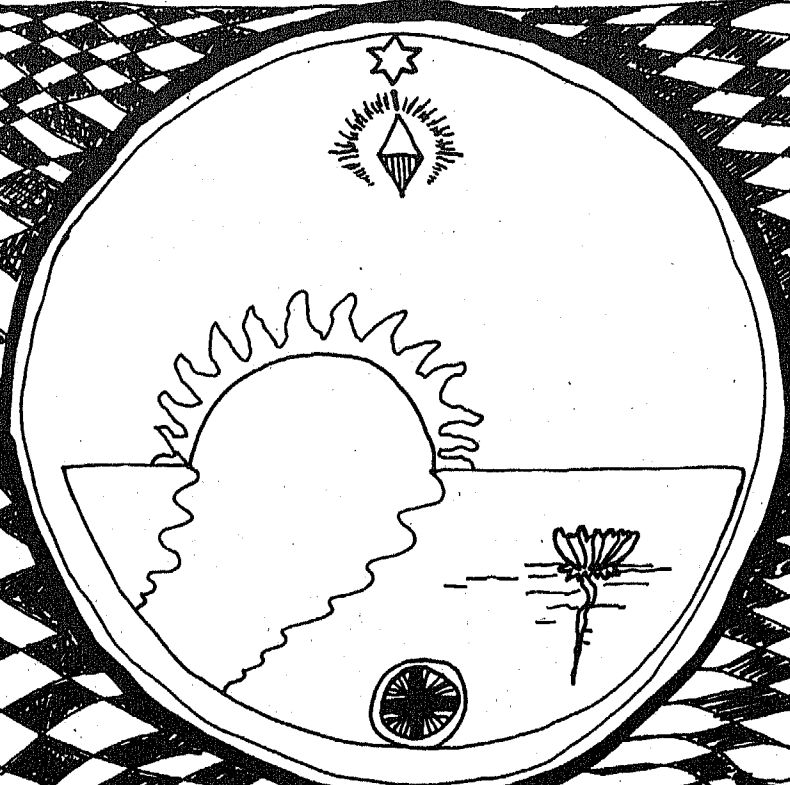


All About Food Plants

In the past, I've been a student of ecology, mushroom hunter, herb grower, and now I'm doing some organic gardening. Here are some more suggestions from those realms.

My favorite book is *Plants, Man & Life*, Edger Anderson, U.C. Press, Berkeley, paper, \$1.95. Oriented toward economic botany, or, how did food plants get domesticated and what can we learn from this?

"Suggested Readings" at the end is a beautiful bibliography. I went through as many of the books as I could find in the Bay Area, but unfortunately very few were available in libraries, even U.C. and the California Academy of Sciences. Particularly valuable would be Carl O. Sauer's *Agricultural Origins and Dispersals*, originally published by the American Geographical Society, N.Y., 1952. I called Stacey's about it and they say it is in paperback by M.I.T. Press, \$2.95. Also Oakes Ames (Anderson's teacher), *Economic Annuals and Human Culture*, Botanical Museum of Harvard University, Cambridge, 1939.



Use the containers that disintegrate readily. Glass bottles don't decompose. Bottles made of polyvinyl chloride (PVC) give off lethal hydrochloric acid when incinerated. (That is the soft plastic many liquid household cleansers, shampoos and mouthwashes come in. Don't confuse it with stiffer polystyrene plastic, used mainly for powders). The Food and Drug Administration has now approved PVC for food packaging too, don't buy it. Use decomposable, biodegradable, pasteboard, cardboard or paper containers instead. At least re-empty bottles.

If you are a home gardener make sure fertiliser is worked deep into the soil, don't hose it off into the water system. Phosphates (a key ingredient) cause lake and river algae to proliferate wildly. Convince nurseries too: information and sell publications on the control of pests without pesticides rather than selling pesticide. Picket unco-operative stores; boycott. Don't buy or use DDT, DDD or any other chlorinated hydrocarbon pesticides. The sale of DDT is now illegal in New Mexico. Do not dispose of DDT or any other poisons down the toilet, in the garbage can or into a home incinerator or fireplace. Each of these results in the release of poisons into the atmosphere. If your garden has water, sun, shade and fertiliser it shouldn't need pesticides at all. If you must spray, use natural poisons extracted from plants - like nicotine, sulphate, rotenone, pyrethrum.

Never flush away what you can put in the garbage, especially unsuspected organic cloggers like cooking fat, coffee grounds, or tea leaves (gardeners dote on them).

Save vegetable wastes (sawdust, corn husks, cardboard, table scraps etc.) in a compost heap instead of throwing them out, fertiliser, natures way of recycling garb.

When you shop take a reusable tote with you and don't accept excess packaging and paper bags. The packaging you take home today becomes trash tomorrow, costing you in terms of dollars and health. Packaging can be deceptive, disguising product contents and increasing cost. By converting trees to paper it upsets the forest life cycle. You must pay high municipal taxes for trash disposal. When packaging is burnt in city dumps and incinerators it contributes to air pollution, giving off carbon monoxide and particulates, irritates your eyes, nose, throat. Patronise stores that specialise in unpesticided, organically grown food, e.g. - East end of Rundle street, Central Market Health Store, Hindmarsh Square Health Store (Cnr. Pulteney street), and snack bar, Railway station, James Place, city, Flinders Street Health Store, various health centres in main suburbs.

[All these stores supply minimally packaged organic fruit, cereals, teas, sugars etc.]

If you are in a fruit-fly area, (e.g. St. Peters, Joslyn, Royston Park, the University) refuse to allow the Department of Agriculture to spray your garden - strip the trees yourself, or apply for alternative methods of control, such as fly-traps (refer to Prof. Manwell's article - ON DIT).

When you buy fruit and vegetables always wash them thoroughly:

- (a) Soak the produce briefly, uncut in a dish pan of cold water with a handful of salt
- (b) rinse in cold water.

"The Review" (June 13, 1971 - Vol. 1, No. 36) details (pp.1017) a more thorough method which requires a 1% solution of hydrochloric acid. Also see their analysis of icecream!

Buy unpackaged products if possible (if not, return the packaging at the store). Buy fresh, not frozen or canned foods (peelings, such as pea pods, can be also used in cooking, or for compost). Avoid pasteurised (cooked) juices or yoghurts. Avoid quick, packaged meals, hamburgers (the meat is colored to make it look fresh), hot dogs, pies and pasties, fish and chips (all of which have little food value and are packed with stale, salted, reheated and fatty ingredients). Never use flavorings, colorings or extracts, prefer pure extracts and natural state of food (we are indoctrinated to appreciate manufactured flavor over natural state of foods). Make your own bread (much cheaper and tastier), rather than accept the sterna-cooked, tasteless and valueless, mass-produced commercial bread. e.g Using a flour mixture containing all, or some of the following (according to taste):

40% of total flour mixture:

rolled oats (70c a large bag at Central Market store), wheat germ (available fresh, 10c a pound from east end of Rundle street, grain merchants), roasted buckwheat (available from health stores), branflakes (available from health stores), porridge wheatmeal (available from health stores), crushed wheat, rye, barley.

60%:

wholewheat flour (available at Flinders street health store, 79c for 10 lbs.), rye, soya, maize flour (at health stores), provita or gervita (from supermarkets).

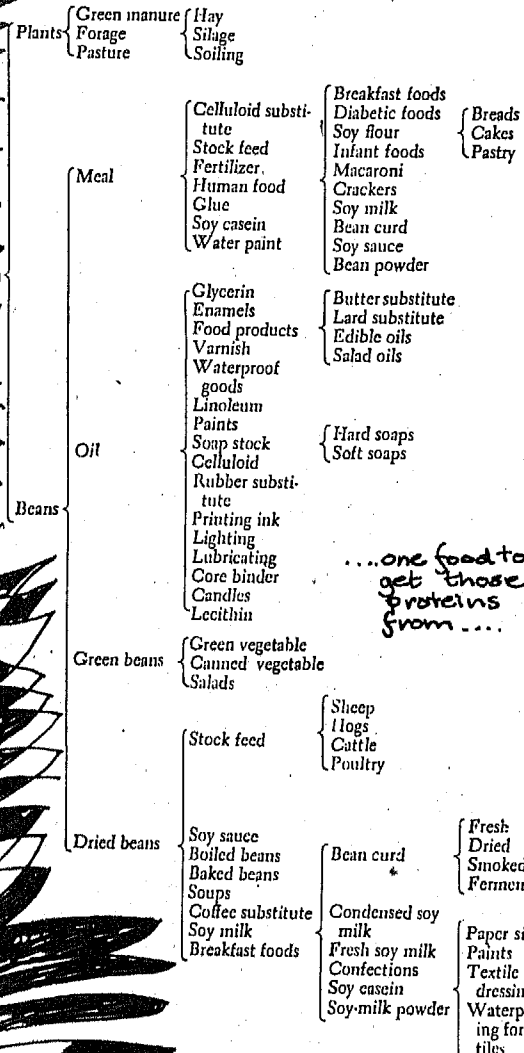
You will need for 2 small loaves:

- 1) 5 large cups of flour mixture in a large pan or basin, and sifted.
- 2) 3 teaspoons dry bakers' yeast (from health stores) in approx. 1/4 pint of just warm water (stir and stand for 5 mins) with 1 teaspoon raw sugar.
- 3) According to taste: either a handful of currants (natural dried) or 1/2 cup of sesame seeds and/or hulled sunflower seeds, or finely chopped nuts and/or dates, you can also put whole (boiled) eggs through the middle or add chopped apricots and other fruit, anything in fact.
- 4) Oven pre-heated at 300 deg. (gas) and grill on for 5 minutes to warm that space.

METHOD:

- 1) Gradually add yeast liquid to sifted flour until a soft (cake-like) dough is obtained.
- 2) Knead till fairly firm on well-floured board.
- 3) Let stand under a damp tea towel for 15 mins.
- 4) dust with flour and pack gently into 2 loaf shapes (try twist loaves, circular etc.).
- 5) put in greased (use natural oil) pans (should fill 3/4 of pan), cover with cloth and put on top of a wooden board, placed under the grill (off) for at least 1 hour, or until dough rises to fill pan.
- 6) Cook for 40 mins. It's done when you can press the bottom and sides without leaving fingerprints, top doesn't have to be brown to be done.

THE VERSATILE SOYBEAN



Make your own yoghurt and cream cheese:

a) yoghurt cheese - hang up at night a good portion of yoghurt in a cloth to drain - it will be ready in the morning (can be flavored with fruit juice).

b) yoghurt - 1) get about 2 teaspoons of yoghurt culture from a health food store - then heat a pint of milk to approx 180 degrees to 200 deg. F. and keep it at that temperature for about 20 mins (use a thermometer).

2) Remove from stove and cool to 110 deg. F. or near, pour into a screw-top jar and add the yoghurt culture.

3) Seal and wrap jar in newspaper and then a piece of blanket and stand on a hot water bottle to retain heat (you could, alternatively use a foam box to retain heat, or scraps from packing).

4) Let stand overnight and then refrigerate. Always keep a little for the next lot.

Never buy soups, dry or canned, or soup cubes. The real thing is just as easy, and much healthier. Use vegemite, soyspread, kikkoman soy sauce, fresh herbs and vegetables (grated, creamed or whole), and vegetable water for a good soup stock.

Never buy supermarket white salt - 1 teaspoon can absorb 1 pint of unwanted liquid in your fatty tissues, use vegetable or rock salt (its brown and contains all the minerals taken out of white salt). Get a pepper grinder (50c) and experience fresh black pepper. Instead of canned beans, buy fresh beans or dried ones (cheap at Rundle street grain merchants) and soak them in the fridge for 2 days. Try bean, and lentil sprouts - soak unsterilised beans, peas and lentils for 2 days in a covered jar then tip out the water; and watch them grow one, two more days, delicious raw, in soup or steamed.

All supermarket teas and coffees contain the good old killers caffeine, tannin and others. Try herb teas (jasmine, rosemary, geranium eg.) which don't require milk or sugar. Try dandelions and ecco coffees. At the very least brew brown from fresh grounds. All sugars are practically valueless as regards nutrition - energy can be got in better form from other foods. Supermarket brown sugar is colored white sugar, "ration" sugar is colored with molasses, raw cane sugar is just slightly less refined than white sugar - so if you want a sweetener use natural honey (for cooking too), it contains vitamins and minerals too.

Most commercially produced butters and lards contain cholesterol and contribute little to real taste in cooking, try extract oils like sesame oil, apricot kernel oil and margarines like Nuttalex. Or make your own butters by pressure cooking carrots and apples for 4-6 hours. Instead of heavily supplementing tasteless foods with hot spices and excess flavorings, try fresh herbs and vegetables, as little pulverised/treated/cooked as possible, too much spice is like coke in your stomach, rots your guts!

Keep chickens or ducks. Half the price of supermarket eggs, easy to care for, hard shells and orange yolks, ~~from the coop~~.

Pool resources with friends and buy vegs. cheap at East End market (by the crate at 5.00 in the morning). Free vegs, leaves and tops from gutters and stalls at Central Market (for soups, stew and feeding chickens). Free nuts and cheese to taste at stalls. Cnr. of Hindley st. opp. Marinos - grocery store sells 10 lb. bags of oats for 80c. Cheap seeds, wheat germ, beans, peas, lentils, in bulk from Rundle street grain merchants. Free rosemary (bushes outside university gates - good for making tea and in savoury cooking). Free nutmeg tea or diced up in salads - ordinary geranium leaves (there's an onion and garlic flavor too). Free fruit, go round your neighbors, everyone has too much, they'll give it to you. Wild plants e.g. amarantha (like potato plant leaves - tastes like spinach) stewed nettle and dandelion, nasturtium and rose petals (in tea or salads). Flinders Street health store sells 10 lb. bags of wholewheat flour for 79c. Try these!

1) Muesli/porridge (very cheap), healthy. Mix together: oats, bran, wheat germ, wheat meal, lecitnin, soy crunch, finely chopped nuts, prunes, dates, figs dried. Apples, pears, apricots and add raisins and currants. Eat with hot milk or cold yoghurt or boil in milk.

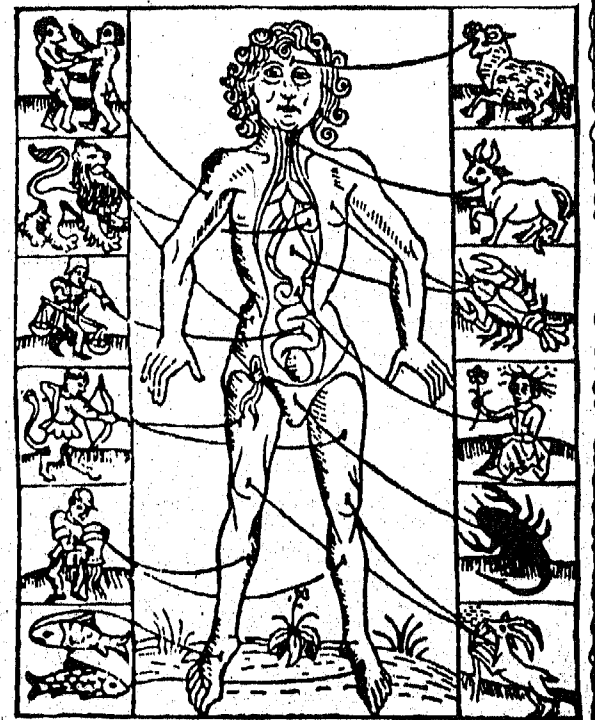
2) Beans and lentil patties: Soak an assortment of beans 2 days covered in fridge, till soft. Boil 2 hours till tender, boil lentils (15 mins) till soft and vegetable salt, a little turmeric, paprika, rosemary, coriander and fresh diced parsley, onion and other herbs, a dash of soy sauce. Mash all together and taking large spoonful roll in wheat germ, then wholewheat flour and fry in oil till brown. Delicious hot or cold and with salads.

3) Some good salad combinations - peaches, bananas, lettuce and parsley. Raw spinach, sliced carrots and pineapple, very fine. Carrots, turnips and young green peas. Grated carrots, lettuce and beets. Celery, apple and lettuce and lentil sprouts. Cabbage, celery, raisins, and grated coconut. Mustard and cress, radishes, lettuce, cucumber.

4) Sandwiches - cream cheese and grated apples. Bananas and mayonnaise with parsley. Pineapple and chopped dates and almonds. Raisins, dates and ginger chopped together. Watercress, olives and lettuce. Crushed fruit in honey.

5) Sesame rice - toast sesame seeds lightly in a pan while boiling a mixture of brown rice, lentils and buckwheat. Pour sesame and some sunflower seeds on top.

6) Fruit tart - make a crumbly pastry for the top: rolled oats, bran and wheatgerm with a little margarine, lemon juice and ginger - cut up fine any fruit or a mixture (e.g. apples and rhubarb, apricots etc) and add finely chopped nuts, figs, dates and raisins, add a little smooth cream cheese. Put all in pie dish, sprinkle with pastry and cook slowly for 20 mins.



CHANGE YOUR EATING WAYS! *start to taste again* keep yr body firm the cap. healthiest routine

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1. They only eat when hungry.
 2. They only eat what they need.
 3. That is to say you are what you eat - or your head is in

HEALTHY

Useful Info from:
 wide range of books on polluted food; vegetarian and macrobiotic cookery; using juices, soy beans etc. from health shops.

- "Radiant Health" recipes from Dr. G. E. C. Downing - 30c.
- any articles or books by William Longood.
- "Revolution" Vol 2/No. 1/Jan., 1971 - articles on coffee and macrobiotics and some food hazards.
- the "Macrobiotic" \$1.20 - Vol 10, No. 4.
- "Zen Macrobiotics" - Georges Ohsawa (a condensed version free from "Revolution.")
- "The Mother Earth News" - any issue has good articles on growing food, guiding grain etc. available from "Source" bookshop, Collins street, Melbourne, about \$1.20.
- "Whole Earth Catalogue" - as above, both very good.
- "The Environmental Handbook" - ed. by Garrett de Bell, cheap and very good on pollution and what to do about it.
- "Simple Steps to Better Health" - a quaint Christian book, but contains good basic info., such as sprouting beans, lentils, herbs, recipes.
- "3 Week Vegetarian Menu" compiled by H. Hon.
- "Modern Vegetarian Cookery" - W. & J. Fliess.
- "The Soybean Cookbook" - D. V. G. Jones, indispensable \$1.45.
- "About Food Values" - B. Davis 70c.
- "Ecology and Revolutionary Thought" - Murray Bookchin.

they say everyone is bringing food to YUM YUM YUM YUM!!!

Department Heads: University of Adelaide Staff Association concern over departmental government.

Abuse of power by Department Heads has emerged as a central problem of Australian universities. Although internal academic business rarely gets attention in the papers, there have been recently several letters and articles in the Australian complaining about 'God-Heads' and 'University Rule' (e.g. 24 June, 2 July, 5 July). What is impressive is not only the rare sight of academics taking their rows to the public, but also the bitterness of the protests against the abuse of power.

Associate Professor C. A. Parker of the University of West Australia writes in the Australian:

'... why should students sit at (the feet of Professors)? Does the siphon principle

apply, so that knowledge flows from the mouth of the oracle to the pen of the disciple?

Consider the stupendous volume of man's total knowledge and you will agree that each of us is abysmally ignorant, student and professor alike - surely university learning should be a two-way process.

As for university departments, I regard these as the most harmful and restrictive institutions of university government.

They are anachronistic, traditional and conservative. They promote and perpetuate rigid and narrow course structures, interdisciplinary impotence and social and educational irrelevance.

The heads of these departments have awesome powers...

Few heads are particularly distinguished academically; fewer still know or care how to lead rather than rule a department...

Whether you consider that knowledge in various subjects is accumulating at rates of

from five to twenty per cent per year, or that the younger generation has a right to determine its own future, the argument for participatory education is clear. Parker's point is that both student and staff suffer from the conflict of a 19th century authoritarian regime in university departments against a 20th century reality of the 'information explosion' and 'population explosion.'

The University of Adelaide Staff Association has recently issued a 'Report on Departmental Government' summarizing some aspects of the problem of abuse of power by department heads here, and pointing to the relevant passage in the University Statutes. Quoting from that report:

'Clause 8 of Chapter IV of the Statutes gives the Head of the Department wide general power governing the work of other members of the academic staff in the Department. This concerns all aspects of the teaching, research and administrative tasks of the staff member. Consequently this is an area in which disputes and ill-feeling may often arise.'

The Staff Association recommends that Department heads be replaced by department chairmen 'appointed by the Council on the triennial recommendation of a Departmental Committee.' The Departmental Committee would constitute all tenured staff and 'that this form of words is intended to include lecturers during their first three years of service to the University, senior tutors and senior demonstrators.' But, no students?

While the Staff Association is to be congratulated for recognizing an important problem, its proposed solution is not likely to be sufficient. There is an unfortunate tendency among academics (and other bureaucrats) to think that all problems can be solved by committee. Such an election of department chairman by a majority on a committee, especially where a department chairman could be re-elected, could easily encourage departmental division. A majority of staff could divide the spoils among themselves, discriminating against a minority under the guise of 'democracy.'

It would be better to ensure automatically, as rights and as duties, the equal sharing of teaching, administration, study leave, research funds, etc. There is the danger that the abuse of power could be shifted from department heads to university committees unless clear statutory provision of rights and duties of staff and students is made. Automatic rotation of the department chairmanship, or election by staff and students (with a previous chairman being unable to succeed himself in office for several years) might be better solutions to the department chairman problem.

However, the important point is to get away from the ideology of leadership. Much of the success of Oxford and Cambridge has come from a combination of minimal university administration and maximal independence of both staff and student. The University of Adelaide would be well advised to follow those examples and replace its present system of patronage and authoritarianism by genuine academic freedom.

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A Man of Many Parts

He, a man of many parts
plays the penny whistle
inter alla

He has learned to jig
the steps of bishops
swinging incense.

& before the hollow throated choir
he spreads his burnt tobacco
eats wafers

singing you can call me a dog
when I'm gone etc
but when I'm home

with a hundred dollar bill its
baby where you been
so long.

In the daytime
rows canoes
& plucks the eyes from sparrows.

He, challenged on a point
replies with tact:
There is no answer

* * * *

Above him
the massive dome curves to a yellow blaze
of wire & splintered wood,

tiers of robes & jewels
he recognizes
& sinking endless carpet

softer carpet than thighs her thighs
he knows & now soft carpet
yielding to the slow procession

the hollow chant
above him
the deepening shade around him
he recognizes,

& he knows her
again, bare-shouldered
her clothes torn, hair twisting wet like wire
& spiked with leaves

he knows the darkness
& the rain between them,
& her, still half offering her splintered love
from wet & empty arms

* * * *

He knows that in the light
the images will weave coherently;
he knows that he will see the dream
the dream as dream
& knows he will be wrong.

He, a man of many parts
plays the penny whistle
to a song.

* * * *

He has learnt to jig
the steps of bishops
swinging incense.

& now he savagely jigs
at evening
with the fading of the light

when the water gleams savagely
down dark stone

when the bishop calls to stop
& calls again
& he jigs more savagely
while the bishop grows hoarse & dies,

his robes drenched as water splinters them
his hair twisting wet like wire.

He, a man of many parts
watches without bitterness bishops die
remembers her with lilacs in her arms
her wet & gleaming arms,
knows the fall of evening.

He bathes his thighs with water
from the spilling stone.

& he, a man of many parts,
plays the penny whistle
to a savage song.

Peter Hicks

october

you don't get away from it man
its on yr radio it bugs
yr ears & eyes its on yr television
man its on the jefferson airplane
& its growing

you dont get away from it man ...

*

saturday is the emptiest afternoon

yr wandering charlie not come nowhere
/ yr touch of whining blues
slam the megawatt tones of yr molten guitar players
& yr words of poems r just poems of words
whats a softlip kiss on yr shoulder
man whats a softlip afternoon / a song of cars / telling yrself a real
just to ride on the fraked and lesley / longdrawn yelp of hammond
through yr eternal afternoon crying out fr night to come

night
& the purity of streetlight
"... gotta go gotta go got to go
air drumming zonked in yr ears
"... you are gods creation
air drumming zonked in yr ears / harmonies of 4ths & 5ths
ears of wheat / drumming on their windy hillsides

*

listen

nothing to be sd
only the forced breathing
of yr own hollow conception
the strained diaphragm
of a rupture in history

Rob Jillett

NEWS FLASH

COPPERS' SNAKES & LADDERS

MARIJUANA CIGS TO BE SOLD

San Francisco (LNS)—Sometime in July, the first shipment of standardized, pre-rolled marijuana cigarettes should be available on the US west coast market, according to an underground group of SF Bay importers and dealers known as Felix the Cat consortium.

"18-joint GrassMasters" brand packages are to be initially priced at \$7.50, with lower rates forthcoming upon the commencement of operations at the consortium's two new automated subterranean factories.

Eventually, consortium spokesmen stated, it is hoped that a fleet of trucks will be employed for rapid product distribution.

With reported reserves of \$125,000 for legal purposes, the Felix instigators plan to take bust cases to the Supreme Court. If the outcome of these proceedings is as the planners hope, they said: "We'll all be in the clear".

GRASS WRITER BUSTED

McCrea, La (LNS) — Dave Fleming, author of the underground best-seller "The Complete Guide to Growing Marijuana" was arrested June 29 at the Celebration of Life Festival and charged with cultivation and possession of marijuana.

Beneath a large green and white "GROW YOUR OWN" sign, Fleming displayed three bushy four foot high marijuana plants, sold his books for half price, and discussed the techniques of growing food grass.

Police visited the stand on several occasions to check out the plants, pose for pictures, and talk to Fleming.

It wasn't until the festival ended that Federal narcotics officers moved in, roughed up Fleming and confiscated the plants. Besides cultivation and possession, he was charged with resisting arrest, assaulting a narcotics officer and disturbing the peace.

After Fleming spent six days in jail, the charges were dropped to just simple possession.

PEANUT BUTTER BAN: IT'S SEXY

Johannesburg, South Africa (LNS)—Peanuts and peanut butter have been banned by a leading Johannesburg white girls high school because they are believed to be, according to ancient taboos, sexual stimulants.

On Dit & the sun on the bag from Paul, ^{by Peter.} the bag from Allen Press. the nihilist poster from Alex Danko. the monster from Bill Arnold. the poems from Rob, Peter, Simon. the sparklers were Roddy's idea. the toys were chosen by Kim. the ticket or whatever was Chris's idea drawn by Pat. the food booklet from Rufus and Yvette. the little on dit by Chris, Pat; Alternate News for Bob Dylan, Kool Aid, and news; the witch pictures from a book somebody lent Rob Tillet; S.R.C, Brian Samuels; R.N and M.S., whoever they are; Brian Medlin, and friends who helped put it into the bag Smedley Press Glenelg to bill S.R.C University of Adelaide

