



## Sr. Albertus installed as new president

by Donna Carter

New university president Sister Mary Albertus stressed the need for Mount Saint Vincent to reflect on the past to assess its direction for the future, in her address given during her installation ceremony last Saturday.

"With an uncertain economy, there is restraint; there is a lack of consensus", said Sr. Albertus. "It is therefore necessary for a university to define its aims so that it may be a centre of excellence rather than trying to be all things to all people", she said.

Sr. Albertus said there is a need for the Mount to strengthen itself as a liberal arts institution, to provide excellence in teaching, to increase its efforts towards more scholarly research. She sees the Mount as being a place to offer women an internship leading to administrative roles. Sister Albertus said, "There is a need to create more counselling, not only for the mature students, but the full-time students as well."

Other aims which Sr. Albertus feels the Mount should adopt are to provide quality day care, to improve long-term planning, to offer part-time continuing education to teachers and to be a resource centre to all women.

Salutations were given from various associations and sectors of the campus community as well as greetings from representatives from many universities across the country.

Many acknowledged the deep dedication that Sister Mary Albertus has held for the Mount. All feel confident that she will certainly fulfill her role as President.

M.O. Morgan, president of Memorial University of Newfoundland, representing the Association of Commonwealth Universities, said, "Mount Saint Vincent is in an enviable position in the professional training of young women." In speaking of Sister Albertus he commented, "From a personal view I detect quiet outside, but a latent inner strength within."

Sister Catherine Wallace former President of Mount Saint Vincent University addressing Sr. Albertus on behalf of the Association of Canadian Universities and Colleges said because Sr. Albertus has been involved in universities for so long she has no illusions as to what the position of President entails. She felt that the new president was approaching her role with joy, enthusiasm and courage.

Members of the campus community indicated they felt confident the education



Photo by Irene Chamberlain

Sister Mary Albertus, newly-installed president of Mount Saint Vincent, accepts congratulations from an unidentified representative of McGill University at last Saturday's installation ceremony.

of women will continue to be promoted. They also praised the interest and deep involvement Sr. Albertus has exhibited with the students.

The Mount Saint Vincent Choir and Prince Andrew Choir provided vocal music and The Canadian Forces Stadacona Band added much to the ceremony.

## Co-ed issue sparks lively debate

by Donna Carter

"Women in Education", a symposium held in connection with the Installation of Mount Saint Vincent's fifth president January 25, raised questions in the minds of many.

The question raised which elicited the most reaction and discussion was that of co-educational institutions versus one sex institutions.

Sister Albertus newly installed president of Mount Saint Vincent during her address opening the symposium states, "Mount Saint Vincent is challenged to say what it means to be a women's institution."

She explained how the Mount was first formed as a women's institution -- to meet the needs of Halifax women who wanted to pursue higher education.

"What does that mean when one sees 75 males walking around this campus?" said Sr. Albertus. She continued, "We must be very careful about what we say. We honestly believe in co-education. However, the second day males are here, we cannot provide a residence."

Dr. Sylva Gelber, director of the Department of Labor Women's Bureau question, "Does a separate institution, such as Mount Saint Vincent University which is predominantly female, provide an environment similar to the outside world?"

In other words, if females must work beside men and amongst men in the outside world, shouldn't they perhaps be studying with them? Dr. Gelber indicated she felt a separate institution gave a kind of false protection.

Dr. Gelber thinks we may see greater

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## Art Gallery—a good place to visit

by Barbara Purdy

An exhibition of the work of students, faculty and university staff, and an exhibition of tapestries made by Egyptian children, are two of the exciting events planned for the Mount Saint Vincent art gallery for 1975.

The gallery, which first opened in November, 1971, has become an active centre for those interested in all aspects of arts and crafts. It is very ably administered by the director, Mary Sparling, who is assisted by her receptionist secretary, Diane Cameron, who, in Ms. Sparling's words, "Holds it all together" and Karl MacKeeman, the exhibitions officer.

Karl, an Education graduate of the Nova Scotia School of Art and Design, is completing a year's apprenticeship with the gallery. He is a painter, printer and art reviewer, and his work at the gallery, which includes building crates, hanging exhibitions, doing video work and acting as security guard, is giving him a chance to learn many of the aspects of gallery administration.

As well as exhibiting many fascinating travelling shows which are borrowed from galleries and museums from all over the world, the Mount gallery assembles its own exhibitions for circulation. One of the most successful of these was the exhibition of the works of Maritimer Gary

Morton, which was seen at the Mount in September, and has since travelled to New Brunswick, Newfoundland and Prince Edward Island. In honour of National Women's Year, the next exhibit to be organized and circulated by the Mount gallery will be "Some Nova Scotia Women Artists" and will have its preview at the Mount from April 11th till May 4th.

Another aspect of the work done at the gallery is the assembly of art education kits. With the help of a grant from the National Museums Corporation, and under the auspices of art educator Mary Newton and Dorothy Jackson, art consultant to the gallery, two kits are currently being assembled. One will document the growth of art in Nova Scotia from 1605 and the other will be a study of children's drawings intended to lead viewers to a deeper understanding of the subject. Both are topics which to date have received little attention. The kits will be available for distribution to all parts of the province.

The kits comprise taped and printed commentaries describing paintings and drawings; slide sets; original works of art and materials and ideas for experimentation. The art history kit includes a silk screen with instructions for its use and two color progressions and the final lithograph of a work commissioned.

The art history kit, geared to the grade six level, is a chronological documentation of Nova Scotia art and includes a discussion of the media and techniques used. Also in the kit is a slide of a stone engraving, dated circa 1800 and found in a cave along the South Shore, expressing the Micmac Indians' view of the coming of settlers and explorers, and a slide of a woodcut of a drawing of Port Royal by Samuel Champlain.

The "Creativity in Children" kit demonstrates Dorothy Jackson's thesis concerning the development of symbols in children's art. Ms. Jackson believes that, given a chance to draw freely and without adult interference, pre-schoolers will develop a complete symbol system of language based on the use of their senses. Too much direction will stifle the precarious originality of children's creativity.

The kit contains two video-tapes; three slide sets and taped and written commentaries discussing the drawings of two six-and-a-half-year olds; two resource text books and experimental materials of paints, brushes and paper.

The gallery has also produced "Artists' Media", an exhibition of Canadian work which illustrates more than fifteen different media ranging in time from the engravings of 1777 by Richard Short to 1974 and the works of seven Nova Scotia artists.

The following artists demonstrate the tools and techniques of their particular medium on videotape:

Carol Fraser - pen and ink  
Horst Deppe - watercolour  
Tom Forrestall - egg tempera  
Don Pentz - acrylic  
Garfield Saunders - intaglio, etching, engraving  
Brian Porter and Wallace Brannen - lithography



Mary Sparling with secretary Dorothy West's painting at the Art Gallery



Art Gallery's Dianne Cameron

Ann Williams - serigraphy (silkscreen printing)

The videotapes, which can be viewed on request in the gallery, are intended to enhance the viewer's pleasure as he learns to distinguish between some of the painting and graphic forms. Its combination of works, working drawings, videotapes and Henry Orenstein's illustrative graphics are meant to inform the eye as well as challenge the imagination.

Videotapes are made of all exhibitions and are available for use. As well as much local interest being shown in them, some have travelled as far as Saskatchewan and California.

Students are invited to visit the gallery and view tapes and the current exhibitions.

## Assisi mauls Vincent 46-16

by Esther Mosher

It was a cold night on January 16 when Anne Delicaet led her Assisi basketball team to a mighty 46 to 16 victory over the Vincent Hall girls. There is no doubt the Vincent Hall girls were by far out classed. Assisi Hall's hot shooter was Donna Walsh who played a brilliant game. Without Donna's experienced shooting ability, there is no doubt Assisi would have been in trouble. Vincent Hall were short handed, but we expect a strong come back from them.

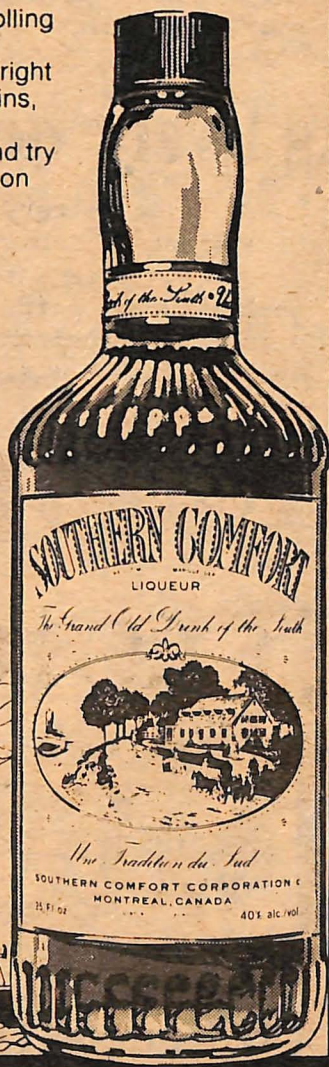
This Sunday, January 26, Vincent Hall comes up against the townhouse. I would like to announce the hot dog award for this week goes to Donna Walsh. Keep up the good work Donna (its all in fun).

# SOUTHERN COMFORT

## What a way to travel!

Southern Comfort keeps on rolling along wherever people mix, because Southern Comfort is right on board with soda, cola, collins, orange, lemon-lime, tonic... almost anything that's wet. And try Southern Comfort straight, or on the rocks.

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the grand old drink  
of the South.





# Child battering serious problem — Anderson

by Karen Gay

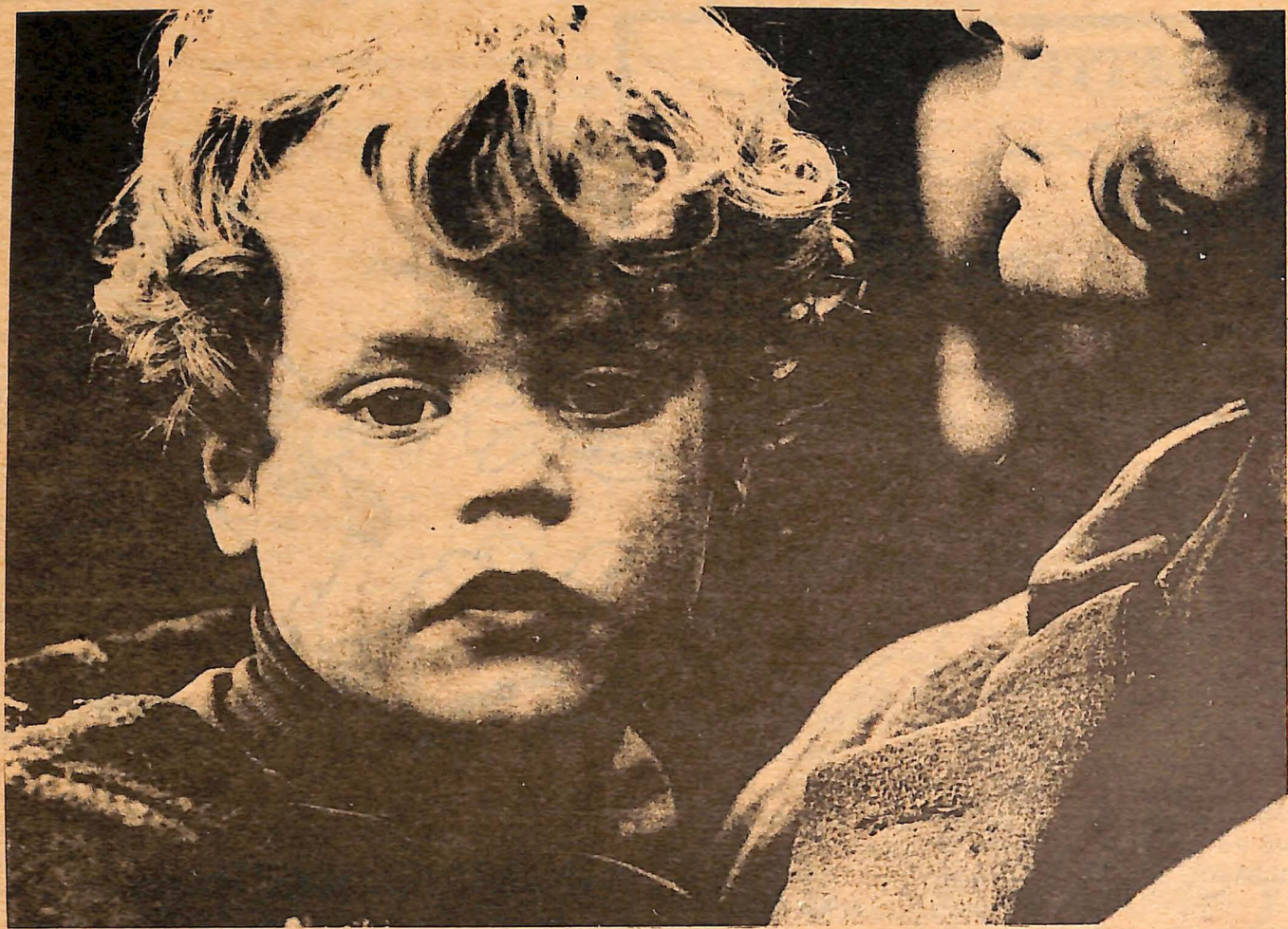
"This year 190 children will be abused in Nova Scotia", stated Dr. John Anderson, leading pediatrician on child abuse and neglect, at the Izaak Walton Killam Hospital. Since students in the Home Economics Family Course were concerned about this problem, Dr. Anderson spoke to the class on January 15.

He brought dramatic, realistic slides which portrayed many upsetting physical acts inflicted upon these children. Dr. Anderson cited the following law in Nova Scotia in Section 19A of the Child Welfare Act -- (1) "Every person having information whether confidential or privileged of the abandonment, desertion, physical ill-treatment or need for protection of a child shall report the information to a Society or the Director. (2) No action lies against a person who gives information under subsection (1) unless the giving of the information is done maliciously or without reasonable and probable cause."

This means that EVERY citizen has an obligation to these children.

The battering adult exists across all levels of society and both sexes are offenders. Dr. Anderson stressed the importance of the Infant-Maternal bonding which is established between a mother and her child from Day One. If this bonding does not exist, the later personality development of the child will be adversely affected.

An interesting fact presented by the Doctor was the necessity of the extended family. This type of family provided support for the parents and someone else could take care of the children for a few days to allow the pressure to come down.



*Child battering is an increasing problem all over North America.*

To destroy slum housing may not be the answer. At least there is a door and a piece of land out-back where escape and release can be sought. In apartments the area is often more confining and there are no recreational facilities. The statistics of abuse and neglect concerning residence says eleven per cent of batterers are home-owners, while 89 per cent are apartment dwellers.

The traits of offending adults are a low frustration threshold and poor control of aggression. According to

the Doctor, the parents have unrealistic expectations of their children as they expect the children to look after them and care for them in their old age. The majority of these abused kids are under five years of age.

Dr. Anderson declared he would like to see more protection workers to do preventive work and thus decrease the incidences of child abuse and neglect. Increased public awareness is pushing government to provide these extra services.

## "Women in Education"

(continued from page 1)

opposition to separate institutions. Governments may refuse to fund such institutions as they are discriminatory", said Dr. Gelber.

It was also suggested by another spokesman that psychologists feel it is not good for a person to be in an one sex environment. It develops unhealthy sex attitudes.

One of the speakers from the audience felt that those females who perhaps lacked the confidence to attend a co-educational institution must have an avenue to pursue a higher education. She suggested such an institution such as Mount Saint Vincent provides a place for those females to gain self-confidence.

Dr. Jill Conway, vice-president of internal affairs from the university of Toronto pointed out the injustices of co-education in one particular case. She said, "Co-education, per se, is meaningless unless each of the sexes are equal and not playing complementary roles to one another." Conway cited an example of a male agricultural school

where females were encouraged to enter to enable the institution to cut down its operating costs. The females could carry out many of the domestic chores.

Dr. Conway stressed the dangers of women's studies as they create little islands which have little effect on changing the bureaucratic structure. She said, "A separate institution such as Mount Saint Vincent, provides an avenue to change the structure of higher education.

She also mentioned that the most creative people tend to come from separate institutions.

Sister Albertus stated in her address during the Installation ceremony, "Mount Saint Vincent provides females an opportunity to enter into student government, publications and other areas. She stressed the need for the Mount to provide, in the future, the best possible undergraduate liberal arts education combined with a valuable profession which will provide young women an opportunity to go out into a complex world and fit into a role.



**PHOTOPOL**  
for  
**ID's & PASSPORTS**



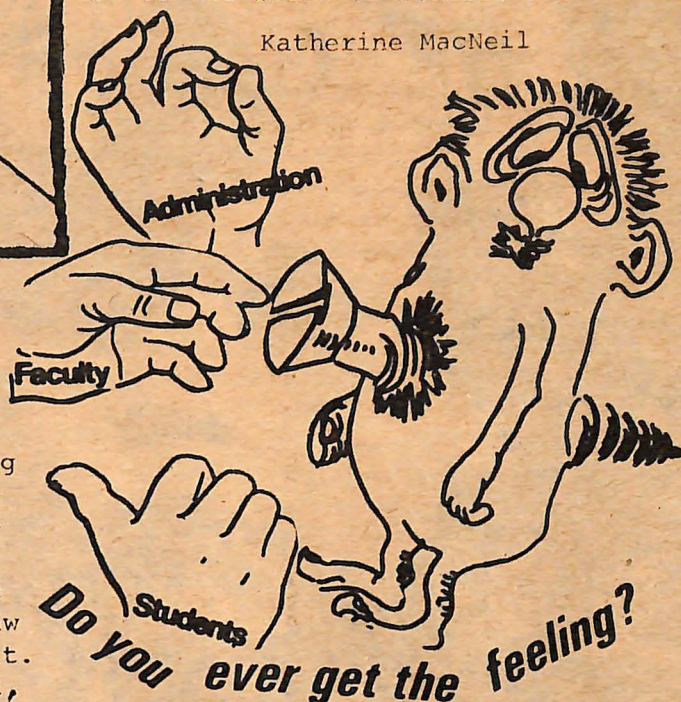
# EDITORS PAGE

## LETTERS TO THE

## EDITOR

doing both parties a favour, even if one is too blind to realize it!

Katherine MacNeil



## Ex-addict objects to ciggie smoke

To the Editor

Presently, Jan.18, we're approaching the end of another week dedicated to national education. This time it was smoking. There must be millions of people like myself who detest this habit. There are at least hundreds, who, like myself saw the light through all the smoke, and quit. Keeping with the image of a good convert, no day passes that I don't express my concern to some nicotine slave. Several of my closest friends and relatives are subject of this bondage.

I realize we live in a free country and have certain liberties by right. Most smokers claim smoking is included in these. According to John Stuart Mill, personal liberty extends only to the point where it infringes on that of somebody else. When I'm riding on a bus filled with people, of whom at least half insist on practicing this barbaric habit, I feel safe in declaring my right to breathe is being infringed upon. The same logic applies to classrooms and restaurants.

Smokers have the right to smoke only if they aren't affecting some innocent bystander. I feel it's about time we non-smokers who object make our opinions known. They won't know if we don't tell them. So, the next time somebody asks "Do you mind?", say yes! If they fail to ask, feel free to ask them. You're

## Is this letter childish? You decide

To the Editor:

I want this published in response to "Mr. Smith's" letter to you in the last edition of this paper.

Dear "Mr. Smith": It seems to be very clear by your letter that you would never make 'jock'school and you probably can't count past 5 so you'd never get a number at Dal but you seem to be doing a fantastic job of being a 'fag' at M.S.V.U.

Sincerely,  
Mary Jones

P.S. We Jones must keep up with the Smiths.

## Dal favors \$ over student's good

To the Editor:

The world knows the purpose of a university is to educate. Therefore, one should be able to assume that the main concern of a university should be the educational welfare of its students. Recently I was rudely awakened to the fact that this assumption is not necessarily correct.

This disillusionment was in regard to the liason between Dalhousie and Mount Saint Vincent. This alliance is supposed to enable the students of each university to enjoy the benefits of programs offered by the other. It sounds nice but it doesn't work in the real world.

Mount Saint Vincent has a program which enables French majors to study in France at the renowned Besancon University. This has proven to be a very effective program. By far the quickest way to become bilingual. The Mount considers Dal students equally eligible to participate in it. Recently a Dal French major enquired about this program on the urging of one of her French professors. She was told her request to participate in the Besancon program would be looked upon with disfavour. It was suggested that the courses she would be taking at Besancon wouldn't be up to Dal standards. Anybody who takes time to compare the courses offered at Besancon to those offered at Dal will realize that Besancon courses are superior, if anything, to the Dal courses. These courses, while taken in France earn MSVU credits.

This leaves one to the sad realization that course quality is not the real objection. It leaves a feeling of resentment to Dal's attitude, which I share. The real problem is Dal doesn't want to give up the Government grants or the fees paid by this student. Therefore, the educational welfare of the student is being overlooked. Dal is willing to turn out people with degrees in French who are far from bilingual. How many others are met with similar situations? I've heard of like problems in different fields so this is no exception. How many others are being sacrificed to the god Money?

Katherine MacNeil



**the picaro**  
mount saint vincent university

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# Why so many unemployed BA graduates?

by Donna McNeil

A problem of increasing concern, among university placement officers, centres around the liberal arts graduate. Employers calling for liberal arts graduates seem to be decreasing every year, while the liberal arts students themselves seem to be blissfully unaware of this fact until the critical months before graduation. Very often, too, arts students have done little serious career planning in their undergraduate years. Towards the end of their final year, they experience panic and harsh self-assessment, and are finally beset by a listless resignation to the jobless status quo. It has become a conversation joke-piece among many that the BA grads are driving most of the taxis in town and waitressing in all the better restaurants.

What is the answer to such a dilemma?

Obviously the question is complex and bears further examination.

Many prominent resource persons in the placement field contend that a resourceful, energetic, intelligent young person, no matter what his or her degree, is always in demand among employers. I tend to agree with this opinion with a number of provisos. All that energy, intelligence and enthusiasm must be thoughtfully "packaged" or "marketed".

For example, one would not display a new idea or product without full knowledge of the product and the potential "buyers", their criteria for acceptance, their needs, the price and so on. How much more vitally important are a person's capabilities and preferences? Yet general arts students often tend to have poorly-prepared or largely undeveloped personal resumes and little knowledge as to the nature of the employer's business or the job itself. Many have not yet obtained any objective self-knowledge and cannot with any degree of

certainty answer personal (employment) questions. For example -- it is ironic that during an interview a student ponders for the first time, whether he or she would move to central Canada for initial assignment and training.

These shortcomings are not restricted to BA's, but they occur so much more frequently in this area that one is forced to postulate reasons. Perhaps it is because a liberal arts undergrad does not conceive of himself or herself as goal-directed in the employment sense, whereas by contrast the finance or accounting major is shaped into a particular job field from the very beginning.

The disparity of occupational preparation between the two fields of study is not significant in itself. It has never been the function of a liberal

arts course to provide direct preparation for a particular job. So no blame can go to the liberal arts courses or degree. It however, becomes significant when liberal arts students fail to devote adequate time throughout their university career to acquiring the job awareness that seems to be "built-in" to some other fields. In today's increasingly pragmatic world this task remains and more imperatively so, the prerogative and responsibility of the liberal arts student.

When this responsibility is shunned, the result is a poorly prepared graduating student with a very general academic background and little knowledge of the real job world. It's small wonder that liberal arts students have difficulty finding employment.

## Science Society makes challenge

By Leo Boudreau

Mount Saint Vincent has a new basketball team. This new team has evolved from the test-tubes and cultures of Evaristus Hall, with the distinct odor of formaldehyde.

There is a rumor that this new team is in close association with the MSVU Science Society, but this is only a theory.

What is the name of this team? What else would a science team be called -- The MSVU Atoms. The Atoms are willing to accept challenges from any MSVU

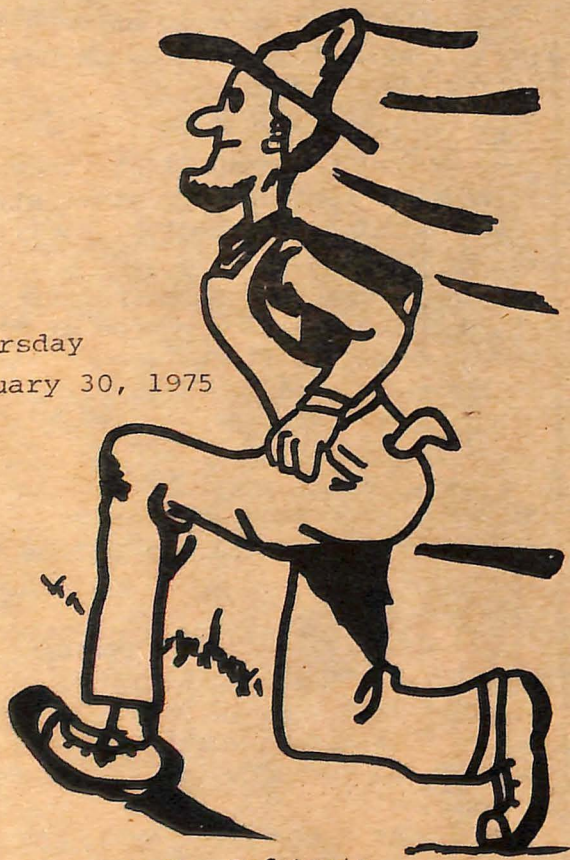
basketball team, including the team known as the Mean Machine, if they dare.

## 50th Anniversary

This year, 1975 is the 50th Anniversary of Mount Saint Vincent University and it is also International Womens' Year. Many activities have been arranged for this year but if any student feels that the Mount should take part or put on anything particular, please contact the Alumnae office.

## MOUNTAIN DO

Thursday  
January 30, 1975



PLACE--M.S.V.U. Cafeteria  
PRICE-- \$2.00  
FEATURING-- Stone Free

Photo by Jill Doucet



Last week, some regulars of the day-hop cafeteria decided to change the everyday drab atmosphere of the place.

These students supplied their own table cloth, candles, wine glasses to elegantly sip their "lemonade", and attractive plates. Bonnie Green, one of the participants said, "It was a delight to have plates to eat from for once."

Green continued, "It was an alternative to the inadequate services of the day hop. It was a beautiful escape from the regular routine of the campus".

Barbara Way, another participant, urges those tired of eating tuna fish sandwiches, cheezies and 65-cent peanut butter and banana sandwiches to join together in providing co-op lunches.



# Viewpoint

1. How could social activities be improved?
2. Have you ever helped at social activities?
3. Would you be willing to help?

Photos by Joanne Jellett



Judy Lake

1. More of them. Better organization.
2. No.
3. Yes, if I was asked.



Donna Leeks

1. Better Organization.
2. No.
3. Yes, once in awhile.



Sharon Jonah

1. More advertising such as announcements in class. More informal sports activities.
2. NO.
3. Yes, if I was asked.



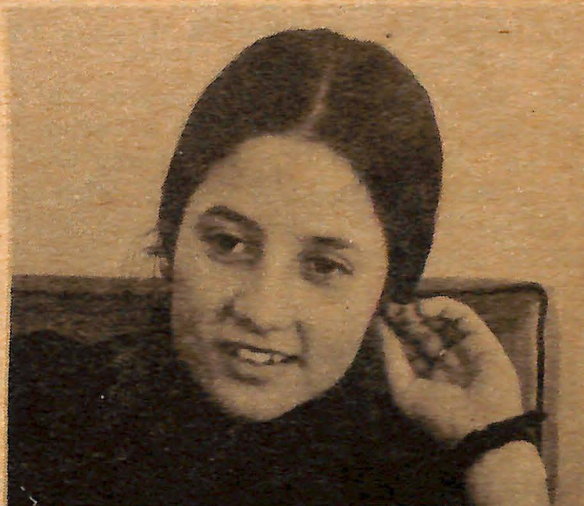
Bev Wilson

1. I would like to see some activities designed for mature students.
2. No.
3. No, I don't have time.



Ginger

1. I suggest the hours be changed to suit non-resident students. More activities during the days especially at lunch.
2. No.
3. Depending on the hours.



Darlene Belleau

1. Definite system set up for students coming into the dance.
2. No.
3. Sure.



## Remember!



### The University Community Arts, Crafts and Hobby Show

Opening  
Thursday  
Noon Jan. 30



Mr. Bianchi's  
home made  
wine

Sister Albertus  
will open the  
Show

#### AWARDS

Awards Day is an annual event held at Mount Saint Vincent University by the Student Union. This is the Student Union's way of showing appreciation for outstanding work contributed by any particular student.

Awards Day will be held on Monday April 7, at 3:00 p.m. in Seton Academic Centre, Aud. A and D.

#### RULES AND REGULATIONS

Any student of Mount Saint Vincent has the right to nominate any other student, regardless of faculty, club, society, etc.

Nomination papers can be picked up and returned in a sealed envelope at the Student Council office.

Nominations open Tuesday, January 28, and close Tuesday February 18 at 5:00 p.m.

All nominations shall be reviewed by the Awards Committee, Sister Marie Gillen, Ann Phelan and Ann Delicaet.

The Awards shall be:

(a) Council Award for outstanding contribution to the University.

(b) Silver V Award for at least one year of outstanding work on behalf of students and the university community at large.

(c) Gold V Award for at least two years of outstanding work and achievement on behalf of students and the University Community at large.



# Fine textile workshop draws big crowd

by Linda Sampson

Contrary to what was expected, the turnout at the textiles workshop, held last Saturday at Mount Saint Vincent, was tremendous. This textiles workshop was presented by the Professional Development Committee of the Halifax-Dartmouth Branch of the Nova Scotia Home Economics Association.

The first guest speaker was Mrs. Alison Parsons of the Nova Scotia College of Art and Design. Mrs. Parsons worked in the textile studio and spoke on "Free-lancing as a Textile Designer." She came across as a very personable human being with much to offer. She brought along many of her own creations which the audience seemed very interested in.

Mr. Frank Ward of Dominion Textiles, the only male present at the workshop, next gave a talk on the polyester and cotton revolution in the Institutional Market. "This polyester and cotton revolution was born out of necessity," remarked Mr. Ward. The demand for better products resulted in numerous experiments in which polyester and cotton were blended together. This success launched the polyester industry in Canada with the uniform factories being the multi-million dollar market. Mr. Ward spoke of "eyeball communication" which exists in industry -- intensely personal relationship. "For every challenge there's an answer," he concluded, "and our job is to find it."

His talk was followed up with a brief film "Textile Today". At 10:30 the group moved up to the dining room area for coffee, cheeses and fruit loaves.

Following this, Sister Greta Conrad of Mount St. Vincent University spoke on such fibres as qiana, a Dupont product now making its way into home furnishings. She also mentioned the acrylics -- nandel which is being experimented with in contact lenses and headlights. She spoke

of the idea of using cantrice in hosiery along with the more recent attempt to use agilon in textured hosiery. Sister Greta informed us of some startling predictions for the next 25 years: the development of fabrics that breathe with you, the microwave closet which polarizes and rejects dirt, and rented fashionable clothes on a monthly basis.

The last item on the agenda which I found most interesting was "Fashion Draping" presented by Ms. Norma Coleman of M.S.V.U. Norma had the entire audience

smiling and enjoying her demonstration just as much as she herself was. She gave basic instruction in draping and explained how it differs from the flat pattern method. She also passed around beautiful samples of material.

The workshop ended at approximately at 12:30 to the disappointment of many I'm sure. I would suggest in the future that more students attend these affairs for you'll find, as I'm sure those who were there did, that they are very interesting and valuable.

## THE BIG ONE

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## Atlantic student unions discuss student aid

This past weekend an Atlantic Student Union Conference was held in Truro. Delegates from the Mount were Anne Delicaet, Executive VP, and Cheryl Dauphinee, External VP. Major issues discussed were the Constitution of the Atlantic Federation of Students and Post Secondary Finance. The constitution is in the process of being ratified by the respective student councils.

An interim chairperson was chosen. Warren MacKenzie of UNB will be heading the Federation for the moment. Provincial chairpersons were also elected.

Material from the conference is being compiled and will be released in the near future. This is the direction you and your student union are going in, keep an eye open for the issues.

Warning: The Department of National Health and Welfare advises that danger to health increases with amount smoked.



# What's in our food—trading nutrition for convenience and profit

From the Chevron,  
University of Waterloo

Consider the food that many people eat every day: toast and cereal for breakfast, coffee and a donut during morning break; for lunch, vending machine sandwiches made of cheese slices; for supper a package of frozen fish and chips and canned peas, with ice cream and cake for dessert. Along with this goes the usual assortment of snacks, a can of coke and potato chips and delivery pizza while watching TV.

Food has changed a lot over the past few years. It is no longer just a matter of preparing meat, potatoes and a vegetable. The consumer is now offered an overwhelming array of pre-packaged and highly processed foods. The food corporations continually extol the virtue of their wonderful, new improved products. According to their public relations people these products save us countless hours of slaving over a hot stove; they are supposed to be safer, more convenient, more nutritious and better tasting than ever before. Yet it doesn't entirely fit. It is true that bread stays fresh forever but when was the last time that you really enjoyed a slice of bread? It is true that oranges are a nice orange colour but what happened to the juice and taste?

There is a great deal about food that we do not understand. The primary purpose of eating is to supply the nutrients necessary to sustain life, yet a study done for the department of Health and Welfare, Nutrition Canada, has shown that many people do not gain all that they should from their food. They discovered that 44 percent of Canadians have an iron deficiency, over 60 percent receive an inadequate amount of vitamin D, while 26 percent get an insufficient amount of calcium.

We are led to believe that we are one of the best fed nations yet many people are unable to eat properly. It is not simply a lack of money, (although of course it is easier to feed a family on \$15,000 a year than on \$6,000) for these deficiencies are evident in all income groups. Nor is it simply a question of education although that is a necessary first step. The problem with food in Canada is quite fundamental and we must begin to examine the reasons why we have become a nation which is overfed yet under-nourished.

As Canada became more industrialized the entire nature of the food industry was changed. Agriculture came to be regarded as just another field for economic activity and if a businessman were to invest a sum of money in any level of agricultural production, then he would expect what he considered to be a reasonable return of his dollar. As a result food became just another potential money maker. It made little difference to the businessman, or corporation, whether their money was invested in the auto industry or the food industry; the main criteria was profitability. The fact that it was profitable can be seen by the size and well-being of such corporations as General Foods, Zehrs, Kraft and Canada Packers.

The food industry has found it difficult to meet the twin goals of nutritional quality and profit. With only their conscience to guide them it is not difficult to figure which one they would choose. This has had obvious ramifications on our eating habits. The more processing which goes into a food the greater the opportunities for taking a profit. If a processor takes some peas, cooks them slightly and cans them, a small profit can be made. If those same peas are added to some french fries and a few chunks of meat then a much larger profit can be made by selling a "complete dinner".

The consumer ends up paying for the convenience of this way of eating in two ways. First, the cost per person is often double that of a cook-it-yourself meal.

Secondly, the increased processing has destroyed more of the nutrients in the food. The value of your food dollar must be measured in terms of the nutrition that you get for it. Extremes of heat and cold, crushing, slicing, exposure to heat and cold all take a toll on the nutrients in the food. However, there is no incentive for the processor to develop manufacturing methods which would reduce the nutritional loss. His prime concern is increased efficiency through the reduction of cost.

Bread is one example of a food which has undergone a major transformation at the hands of the modern corporation. The next time you eat a sandwich, pause and really taste the bread; that is if the bread has any taste! Unless you are one of those people fortunate enough to have the time to make your own bread, or else live near a small bakery where they still care about their product, the bread probably tastes little better than cardboard. Bread is one of our staple foods yet not only is more manufactured bread nutritionally deficient, but it also contains a long list of chemical additives which make it pure white, which keep it "fresh", and which serve any of a number of other chemical usages the modern bakery deems necessary.

Historically bread ceased being a staple food and became a convenient way of eating peanut butter or other filling when a new milling process was introduced in 1870. The steel grinding process enabled the millers to completely separate the endosperm layer of the wheat kernel from the bran and the wheat germ. The endosperm, when crushed, produces a fine white flour. Unfortunately, this flour contains little else but starch. Along with the bran and the wheat germ, almost all the nutrients are removed, including the vitamin B complex, vitamin E, and a large proportion of the minerals such as iron, copper, cobalt, the essential fatty acids and much of the protein.

The steel grinding process had various advantages for the millers and bakers. It made possible the complete removal of the wheat germ oil which had tended to turn rancid and spoil after a few days. Bread gained a much longer shelf life and could be kept in the warehouse or store for days and remain as "fresh" as ever. Later, shelf life was extended even more with the addition of preservatives which helped to delay the growth of molds.

The longer shelf life enabled the more ambitious of the bakers to gradually expand, since it was now possible to ship bread over much longer distances and loaves could be kept in the stores for a longer period of time. Mass produced bread became cheaper than the bread from the local bakery and these large, centralized bakeries gradually came to control much of the industry.

The assault against bread does not end by merely removing the nutrients. The baking industry seems to follow a motto of "out with the good and in with the bad". Over ninety different chemicals have been approved for use in flour and bread including chlorine which is used as a bleach to get the flour whiter than white. One has really explained why bread needs to be so white but chlorine also has the characteristic of causing the starch in the flour to swell. Since white bread is almost entirely starch, this has the added benefit of giving a larger volume of bread for the same amount of flour. Chlorine also destroys vitamin E and is destructive of

the remaining protein.

Very few of the additives are of any apparent use to the consumer so one must assume that they benefit the manufacturer. Many of these chemicals are short-cuts in the manufacturing process. It is better for the bakeries to add a few chemicals such as yeast food than to have to wait for a longer more expensive natural process.

It is almost impossible to get good bread in Canada. Most whole wheat bread is little better than white bread, since, as with the white, much of the oil which contains vitamin E has been removed from the whole wheat flour to ensure a long shelf life. The same nutritionally destructive chemicals are used in the preparation of most Canadian breads.

## The food industry

The food industry is a multi-million dollar business complete with misinformation, government complacency, and high pressured advertising. The general trend towards highly processed foods has been aided by large advertising budgets which dictate new eating habits.

These so-called foods are then pushed at the children through their T.V. programs. There is little mention of food quality, only of free gifts and trips to Disney Land. As the ads say these cereals "along with milk and fruit are a good source of the essential nutrients". But then so is just plain milk and fruit and they don't come with an excessive coating of sugar. As the president of Kellogg's was quoted on a C.T.V. program, "Kellogg's is not in the business of nutrition".

The industry attempts to answer criticism about the nutritional inferiority of their products by adding a few synthetic nutrients and then calling their products enriched. The only problem is that, as in the case of the milling and processing of bread, 22 or 23 nutrients are removed while only 4 or 5 are returned. This is rationalized by dividing the

nutrients into essential and non-essential nutrients and government regulations call for the addition of only the essential ones. It seems rather dubious that government and industry can legislate the nutritional needs of the body.

Enrichment fails on two grounds. First, only a few foods are enriched such as bread, milk (vitamin D) and breakfast cereals. Secondly, only a few nutrients are added and these are added quite haphazardly. For example, only three of the B vitamins, thiamine, riboflavin, and niacin, are added to bread. The problem is that these three vitamins can only work in conjunction with the other B vitamins. This means that to a large extent they are wasted and can even result in deficiencies of the other B vitamins. Does it make sense to manufacture nutritionally inferior products and then to enrich them? It does if it increases profits.

## Health and diet

To a great extent our health and well-being is dependent upon the quality and quantity of the food we eat. The body is a delicate mechanism and its ability to function effectively depends upon the availability of all the essential nutrients; protein, vitamins, minerals, fats and carbohydrates. If you do not get all of these over forty nutrients in sufficient amounts then there can be wide ranging repercussions. A lack of the B vitamins, for instance can lead to feeling depressed, bored, fatigued, or even angry and fearful.

In Canada it is rare to find an actual occurrence of one of the deficiency diseases; however even minor deficiencies can cause problems. If one nutrient is lacking then the chances are that some of the others are also deficient. The effect of these deficiencies can be extremely subtle. Anyone could go for years with a deficient diet without suffering from any apparent harm but there would be a gradual decline in the state of health as the effects of the various deficiencies began to accumulate.

It helps to think of the body as an ecological system where everything must be kept in careful balance. Once that balance is thrown off the effects are rather widespread.

It is difficult to trace back assorted aches and pains or a general lack of well-being to a dietary lack since it becomes so complex as the side-effects begin to multiply. Medical doctors do not have the training necessary to understand the role nutrition plays in health.

A proper diet is a necessary first step in ensuring a long and healthy life. There is a myth in Canada that we are a nation of healthy people; the statistics simply do not bear this out. Half the population has some kind of continuous illness—heart trouble, high blood pressure, digestive difficulties, poor resistance to infections and so on. It is not uncommon now to hear of people in their thirties and forties dying from heart attacks and cancer. Even children do not seem to be immune as the incidence of leukemia continues to climb.

Health, however, cannot be measured by statistics. Nor is health simply the absence of disease. Large numbers of people feel that there must be something wrong with them; however, since there is no visible evidence of disease the doctors tell them that they're okay. That does little to reassure anyone who finds it an effort to get through the day.

## D.D.T.

There are many factors which have contributed to the decline in our standard of health; air and water pollution, the lack of exercise, the stress which come from our pace of living and so on. Yet much of this health problem can be linked to our diet in terms of what we do and do not eat.

There is no question that much of our food supply contains traces of poisonous pesticides. Farmers are spraying increasingly large amounts of these pesticides on their crops and residues remain on much of the food we eat. The

nature of farming today makes it necessary to use intensive agricultural techniques and spraying is the most efficient way of controlling the various insects, weeds, and fungi that threaten the crops. Yet ironically these same intensive techniques only make the matter worse. Pest control could be simplified by better crop rotation, by better soil management, or by relying to a greater extent on mechanical or biological means to control the various types of pests.

The indiscriminate use of pesticides adds to the problem. Insects build up immunities necessitating the use of stronger and stronger poisons. There is no incentive for the farmer to use less hazardous methods and very little research is done on non-chemical pest control methods. Government supported research goes along with the idea that chemicals are the only means of control while the profit margins of the large chemical corporations depend on the increasing use of these chemicals.

D.D.T. accumulates in the body fat of people. There probably isn't a person alive in Canada who does not have some D.D.T. in their bodies and this poison is even found in the milk of nursing mothers. D.D.T. is known to cause birth defects in animals but there is little conclusive evidence regarding harm to humans.

## For a few dollars more

As we saw in the discussion on bread, the poisons in our food are not limited to contamination on the farm. There are over 3,000 chemical additives currently in use. They have a wide range of uses; dyes to make the food look better, texturizers to give drinks a better mouth feel, flavours and flavour enhancers to give the food some taste, preservatives to keep the food from spoiling, emulsifiers to make a product smooth and creamy. Canadian law states that it is illegal to use any additive whose sole purpose is to deceive the consumer yet there is little doubt that most of these chemicals serve no other

purpose.

Unfortunately, the question of additives is more serious than just consumer deception. The vast majority of additives have never received adequate testing. The inadequacies of the testing procedures are indicated by the number of supposedly safe additives which were later withdrawn after evidence that they were dangerous to human health. Bromated vegetable oils for example, were withdrawn after tests had shown that they caused heart damage in rats, along with retarded growth, difficulty in digesting fats, enlargement of the kidneys and liver, and spleen and thyroid damage.

Even when the evidence against a particular additive seems overwhelming the government often fails to act. Consider sodium nitrates and nitrites which are widely used and serve a dual function of preserving meat and keeping it a nice red colour. (The red colour keeps the meat looking much fresher than it actually may be.) In the Rx Bulletin (July/August '73), published by the Health Protection Branch (H.P.B.), it is admitted that nitrates do break down to form nitrites and that nitrites do combine with secondary amines, a substance found in a wide variety of foods, to nitrosamines. The H.P.B. does grant that nitrosamines have been linked to cancer in animals—however, they say that nitrosamines have never been shown to cause cancer in man.

Are you willing to take a chance on any substance which is known to cause cancer in animals just so you can eat red meat instead of brown? Several countries do quite well without them. Once again, the need for a preservative which is cheap and allows for a longer shelf life outweighs all other considerations. Freezing of the meat would be one way of eliminating the need for the nitrates and nitrites but this doesn't seem to be feasible to the meat-packers since it would increase their cost.

There is no way of knowing what side effects the 3,000 additives have on our health. Around fifty percent of Canadians suffer from some form of allergy problem. It is not known how many are allergic to the food additives they ingest daily. Doctors at the Allergy Department of the Kaiser Permanente Medical Centre in California have claimed that a diet free of artificial food colour and flavouring can help to eliminate the symptoms of hyperactivity; a sometimes serious behavioural disorder affecting 500,000 children in Canada. But there is no sure way of completely avoiding dyes and flavours since they are in almost every food we eat. Check the next pound of butter you buy. There will be no mention of the dye which was probably used in its manufacture. A yellow dye is used on the paler winter butter because the creameries think that consumers expect butter to be a deep yellow colour; the dye is used on summer butter so that it will be the same colour all year round.

Most of these chemicals are probably quite harmless. But there has been enough evidence to indicate that at least a small percentage are dangerous to begin exercising some caution in their use. Many countries get by with a far fewer number. It is time public health began to take precedence over corporate profit.

Most of the additives could be eliminated without any loss to the consumer. The rise in their usage has paralleled the increasing domination of all aspects of agriculture by large corporations. Cheese would not have to have preservatives added if it was not shipped hundreds of miles. Synthetic flavours would not have to be added to almost everything we buy unless the more expensive natural flavours threatened profit margins. Oranges would not have to be

died if they were allowed the time to ripen on the tree.

The government agencies in both Canada and the United States who are responsible for protecting the consumers interest are firmly in the control of the food industry. Neither the Health Protection Branch nor the American Food and Drug Directorate have adequate facilities to test every new additive let alone the old ones.

When a company proposes the use of a new additive, it provides the H.P.B. with the results of feeding tests on animals. It is difficult to determine the long effect on humans by a few short term tests on rats; but if the rats survive then the additive is assumed to be safe for humans.

There are times that the system obviously fails. In 1969 a Quebec city brewery added a cobalt salt to help maintain the head on its beer. Between 50 and one hundred middle-aged drinkers in Canada, the U.S. and Belgium died from heart problems directly associated with drinking the beer. Where was the protection these people deserved? Why didn't the brewery or government detect the danger before it was too late? How many people suffered from heart damage that goes undetected? In this case the connection between the additives and the deaths was fairly straight forward. The next time a mistake is made it might not be so obvious.

Are we slowly being poisoned? Not all toxic substances are eliminated by the body. Some, such as D.D.T., continue to accumulate in the body. Each individual has her or his own tolerance level for these substances. You could consume a toxic substance for years and be fine and then one day pass your poison threshold and sickness and death could follow. Remember that we all consume these additives daily, young or old, sick or healthy. When industry and government talk about a cost/benefit you know who pays the cost in possible ill health and who reaps the financial benefit.

## Some solutions.

The best way of ensuring a more adequate diet is to avoid highly processed and take-out foods. To quote from Chemical and Engineering News, a trade journal, convenience foods are "prepared under severe conditions of temperature, pressure or agitation. Therefore they may require special flavourings, flavour enhancers, colours and additives to make up for a partial loss of flavour, colour, texture, and other properties caused by processing." These foods are of small nutritive value to your body.

Diet is often just a question of time and energy. In many homes in the Kitchener-Waterloo area both parents have to go to work to support a family and there is little time to prepare meals from the more basic food-stuffs. A wide variety of foods however, such as vegetables, beans, meat, potatoes, can be prepared in a few minutes using a pressure cooker. Salads are quickly and easily prepared and are a good source of nutrition. Soups and bean dishes can be prepared on the weekend for use during the week.

Baking your own bread offers another real alternative to the food industry. This is neither as difficult nor as time consuming as it may seem. Less than an hour of actual labour time will supply the average family with enough bread for a week. Any member of the family who can cook at all could probably find satisfaction in making good tasting nutritious bread. Find a good recipe, some whole wheat flour, preferably stone ground and try it for a month. Chances are you will never go back to eating store bread again.



Photo by Photopool



# Prevention is goal of Well Woman Clinic

By Laura Purdy

"The idea of the clinic is one of preventive health care," says Betty McIver, one of the counsellors at the newly opened Well Woman Clinic. The clinic, which operates from the Halifax Infirmary Outpatient Department, is designed to cover the general health care of women.

"Family Planning clinics tend to deal only with one aspect of a woman's health", says Ms. McIver. Such clinics give a woman a pelvic examination and a prescription for the pill or fit her with an IUD but that's generally it. The Well Woman Clinic will do all these things but there are a number of extras included.

For starters, the nurse will take a brief medical history, especially concerning menstrual history and any pregnancies, past or planned for the future. Then a blood test is done, a urine sample is checked, and blood pressure and pulse are taken.

Each woman attending the clinic is also given instructions on how to do a breast self examination. By the time the nurse has finished giving you a few simple instructions you'll feel that you do have a good chance of detecting any dangerous irregularities.

A pelvic or 'internal' examination is also given, and a pap smear taken. The nurses at the clinic are presently learning to do internal examinations and while a doctor will be in attendance, it's hoped that eventually his services will be required only to give a second opinion or to write a prescription.

The people at the clinic also take an interest in nutrition which many women do neglect, and if you're interested in loosing or gaining weight or simply in improving your diet, they'll be happy to make suggestions and refer you to a nutrition clinic if you wish.

The nurses conducting the clinic are creating a friendly, personal atmosphere, so you'll never get the feeling that

you're just another patient to be processed.

The response to the Well Woman Clinic has been very encouraging. On the first night of operation the clinic, which handles eight women per evening, was full and booked solid for the following week. Ms. McIver indicated that if response to the clinic continues at its present rate, it will be expanded to include at least one other nurse at a

future date.

If by now you've read enough to arouse interest, why not check out the clinic for yourself. It's guaranteed to raise your awareness of preventive health care, so call 429-9111 for more information or to make an appointment. The Well Woman Clinic is open every Tuesday, 7 to 9 p.m. and you're requested to make an appointment so you won't be kept waiting.

## Hit songs stereotype women

by Donna Carter

Sandy Greenberg is a construction worker. She is female and likes what she is doing.

Not only is she a construction worker but she also sings, plays the guitar and writes her own songs. Her songs express what a female really is -- a woman, a person.

Sandy sang and talked to a small group of students, Thursday, January 23. She was brought to the Mount by the "Perspectives on Women" class.

Sandy related to the audience in a very relaxed, open kind of way. She had a way of making everyone feel very much at ease and comfortable.

Everyone imagined themselves as being a child once again and tried to see before their eyes, the image of the woman they wished to be. The audience then jumped into the present and compared the two images.

"Many hit songs", says Sandy, "project the female as being a sex object or a person one shows off." She sang "Nancy Whiskey" by the Irish Rovers to illustrate her point. Women are like liquor -- the root of all evil.

Other concerns Sandy covered were: the female always following the male, females dreaming of a home instead of making or seeing now as being home, and the connotations such as lady, girl or woman bring about.

For instance, Sandy pointed out the stereotyping of the female in the song "She's A Lady" by Tom Jones. The song

Photo by Jill Doucet



Sandy Greenberg

begins with, "She's all you'd ever want, she's the kind I like to flaunt and take to dinner . . ."

Sandy Greenberg, and others like her, are beginning to write their own songs in protest of the present hit songs by males and females which stereotype females.

It was surprising that not many people turned out for this event. Besides the ten people or so present from the Perspectives on Women class, there were approximately twenty others -- the majority being continuing education students.

## U.S. government tries to prove weed addictive

SAN FRANCISCO (CUP-ZNS)----The United States government has spent more than \$350,000 in an effort to prove that marijuman smokers become dependent on pot.

San Francisco physician Dr. Reese Jones, the director of the research project, reported that volunteers were kept in a stoned state around the clock for 21 days. Each of the volunteers, according to Dr. Jones was given the equivalent of 80 marijuana cigarettes each day.

Two of the volunteers in the project--both of them long-time pot smokers--have complained that the dosage in the experiments was so heavy

that they had serious hallucinations, muscle spasms, and at times believed they had died.

A critic of the experiment, Dr. Sanford Fineglass, calculates that each volunteer is being administered the equivalent of a marijuana cigarette every eight-and-a-half minutes around the clock.

The projects director, Dr. Jones, says he has proved that smokers do become physically dependent on marijuana, Jones states he plans to apply for another grant for a new experiment which will triple the amount of the drug given to volunteers.

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# La Front de Libération de Nouvelle Ecosse

## Cure found for regional disparity in N.S.

by Léo Boudreau

Recent federal and provincial election campaigns have seen copious quantities of new political parties on the scene, and already existant ones have been fielding candidates in constituencies where they have never before been seen.

However, one must ask, what the Canada Party has to offer our inflation-beset nation that is not offered by, say, the Canadian Communist Party (Marxist-Leninist)? So little that is new and refreshing is ever seen in election's these days, that I felt it my duty, three years ago, to take a new look at an old problem, regional disparity, and founded a new political party which is open for membership to any and all. Today I am the only member, but not for a lack of good ideas.

The F.L.N.E., or the Front de Liberation de Nouvelle Ecosse, as it is affectionately known, works on the basis that if we can change every thing as it now exists, we can be one step ahead of everyone else.

This of course, would necessitate separating Nova Scotia from the rest of Canada.

Unlike the jolly fellow some years ago, who suggested that we cut the province off at the New Brunswick border, and float her down to the Carribean to become a banana republic, the Front de Liberation De Nouvelle Ecosse intends to overthrow the present government by nasty means. Then we'll change the present basis of currency from gold to gravel and the name of the dollar to the Glottney. And thus an end to the regional disparity we stopped hearing about some time ago but, unfortunately, still exists.

Think of the riches! Rural sections of the province would become a virtual Utopia, as the roads are paved with the stuff. The influx of tourists would be incredible. They might have to find new places to look at though, as places like picturesque Peggy's Cove with its abundance of natural huge boulders would become a Fort Knox, ready for the chopping at an instants notice.

And the coup it self-- to be successful, the tactics must be evil, nasty, mean, viscious, vindictive, and right some awful. My proposal is to begin by taking over all public washrooms in the province, starting with the provincial legislature, and all federal buildings in the city of Halifax. Then we corner the market on toilet paper. It won't take too long before people stop coming to work-- then we just move into their offices and change the money slots on the washroom cubicles to take only small rocks and reject

dimes. The civil servants of the province will be squatting and standing cross-legged before us, begging for mercy-- but we'll be merciless until the tight-lipped muscle-tensed, watery-eyed, constipated crowds give us power. Not until then will we show mercy, open the sluices, and pack them off to the Cape Breton rock mines.

However, there could be a few problems with maintaining the system once the new government is established: The Liberals are the party currently in power in Nova Scotia. With an overthrow it would only be kosher to call an election to established credibility for the party. No voter in his right mind is going to vote for a party he's never heard of. Faith in the Liberals would at last be shattered since they allowed the coup to take place, and so, we would be in line for a Conservative government. Now, it's not that I'm anti-Conservative, or anti Liberal for that matter

but the only thing the Conservative have ever done when they came into power in this province is pave roads. Potential billions of Glottneys would disappear as Conservative bulldozers moved in, covering the richness of the dirt roads, paths, unlandscaped backyards, driveways, unlandscaped front yards, open-pit mines, half-finished swimming pools, beaches, children's swimming pools, goldfish aquariums, and yes, even Peggy's Cove.

There are, of course, two possible solutions: either we outlaw the Conservative party before the election or we can change the basis of currency to asphalt.

The biggest problem the party would face would be finding people



to stage the coup. After three years, as I already said, I am the party's only member--not even my dog will join. There just aren't too many people around with my level of political analysis--they all seem to be in Ottawa.

And so my public relations people have made some suggestions; with each membership at the price of three Glottneys, you will receive a free autographed picture of me, your leader, with or without my dog. The membership fees will go to fund the revolution and buy balloons, paper hats, toothpics, spotted paint, left-handed screwdrivers, and other impliments of destruction.

...Just think, the price of an ounce of gravel today is 200glottneys, and still going up.

And may I finish in saying what you've been probably expecting me to say: VIVE LA NOUVELLE ECOSSE, VIVE LA NOUVELLE ECOSSE LIBRE

This has been an underpaid political announcement.

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# LITERARY

## Black Out

Well now, you want to get out of the process of dishwashing, hey? Okay then, read what I have to say.

Whether it be a schoolday or not, come home using words which will puzzle your family as to their meanings. You must be careful though, and use these words as casually as possible.

Next you participate in one of the enjoyments of life, having supper. Take it down as you any other supper, but use the complaint that the food just doesn't taste right. Casually start talking because you had a slight touch of schilfings. Hopefully this will attract the attention of your parents. Quickly go on to explain that this is a reaction common to when your taste buds go 'out of order'. Also, that when a strong reaction does come on, the person in question can black out.

Following, you put on the 'big act'. Eat a few mouthfuls of food, endeavor to stand up, stagger, manage to say "Oh no! It's happening!", and then dramatically faint. Let your family remove you to a resting place, during which time you follow through with your fake faint. Presumably someone will take over your assigned place at the sink. A few minutes after you hear the last dish being put away, you can slowly come to. Finally showing your recovery of your attack

You can either use this method or a less complicated one.

Plead day and night, expressing the unknown fact that just everyone has one, and that it is a must for a family of more than two members. If this works then the worst outcome would be for you to have to take ten minutes to put the dishes into the 'thing', better known as a dishwasher.

G.C.A.C.

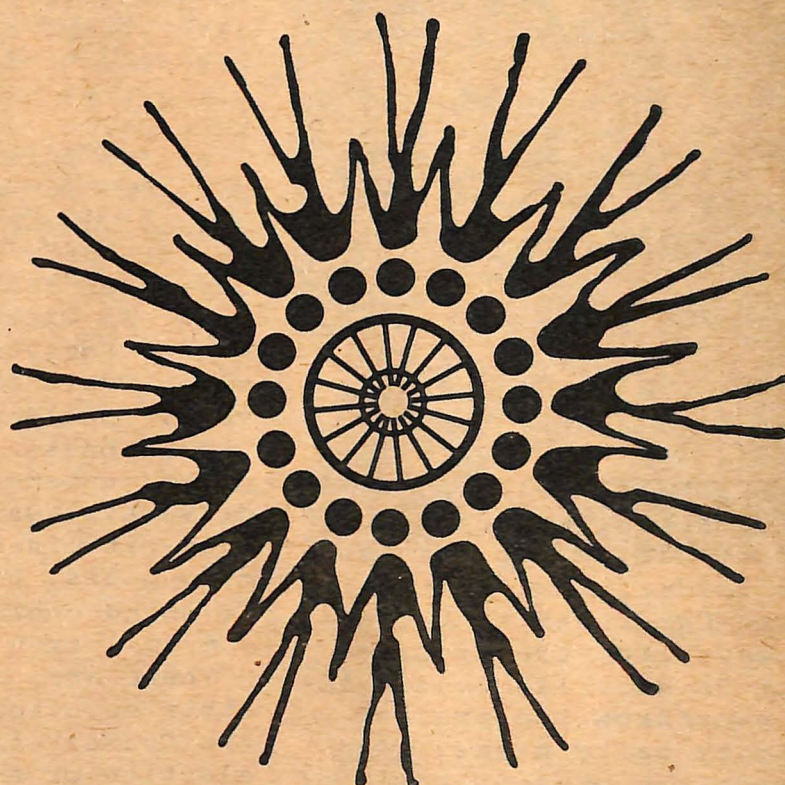
## The Night

The night, my refuge  
Shrouds me with a cloak of peace  
Shutting out the trouble of world  
Shutting out the troubles of self

She brushes my skin  
With healing mixtures of present and future  
Allowing insight, and a gentle peace

But even she is not to be trusted  
For she fails by not withstanding the light  
The light that blinds, burns, overwhelms  
Showing me the failures of life.

L. D. Shaffer



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1. Two prizes are offered to registered students of Mount Saint Vincent University for original compositions in poetry or prose.
2. Entries in verse may consist of one poem not less than 100 lines; or a collection of shorter poems.
3. Entries in prose may take the form of a short story of at least 2500 words; or of a play; or of a script for film or TV.
4. Three typewritten copies of each composition must be submitted, and a pseudonym typed at the end of each copy.
5. These copies should be accompanied with a sealed envelope containing the candidate's pseudonym, name and address; and also a statement that the composition enclosed is the candidate's own original work.
6. The Editors of The Picaro shall be offered the first option of publishing any composition submitted.
7. Entries must reach the office of the Chairman of the Department of English on or before March 31, 1975.





# MAKE SOMETHING OUT OF IT

A collage is a picture made by pasting pieces of cloth or paper on cardboard, wood or canvas. Contrasting textures may be added to the collage with bits of a burlap bag or sandpaper. The most important tools are paste (collage is a French word for "pasting") and your own imagination.

One of the most interesting kinds of collages that can be made is an abstract design -- one that does not depict a like scene.

The best collage will result from experiments. A collage may be made quickly, with no planning at all, or it may be made with painstaking detail after a great deal of planning and thought.

Collage is a fascinating technique providing an unusually wide scope of one's imagination and the inventive use of any materials that are at hand.

## PATCHWORK

Patchwork must have begun with the need to be warm. Materials were "quilted" and used as a bed cover; and there was, too, the wish to use odd pieces of left over fabrics and the good material left in old clothes. Then, as now, these patchworks were appreciated for their gaiety and beauty. Now patchwork is used for everything!

Patchwork and collage are very similar and the creative fun is the same.

To do patchwork, a very definite design or a very simple design may be used.

Pieces can be cut in squares, diamond shapes or abstract shapes, odd shapes of all different sizes, and this is called "crazy patchwork". Also remember, the patches can be both large, small and medium, so they fit together.

If you want to make something more special and take more time, use an embroidery stitch to top stitch and outline each patch.

## TO MAKE A CRAZY PATCHWORK SKIRT:

Measure around your waist and then add half again as much and that is the width of patchwork material needed. Now measure from your waist to whatever you want for length and that will be the length of the patchwork piece.

## FOUND MONEY IN BLUE JEAN TOTE

Measuring from the top of waistband, cut jean legs at 14 inches in length

Open crotch seams of both legs to zipper.

Repin crotch seams of front legs together; repeat for back and stitch.

Sew zipper closed by hand.

Cut two 2 1/2" to 22" strips from legs for strap handles.

Fold each strip in half lengthwise; stitch.

Turn strips inside out and topstitch seams along long sides 1/4" from edges.

Stitch raw ends of straps to inside of waistband for loop handles.

## BLUE JEAN SKIRT

1. Measure from top of waistband

to desired length.

2. Open inside leg seams to crotch.

3. To allow the crotch seam to lie flat, it is to be opened a small amount and overlapped.

4. Stitch this overlap seam.

5. Spread skirt flat, allowing a triangular opening.

6. Cut a gusset (triangular shape) to be placed in the opening.

7. Stitch down both sides of the triangle.

8. Repeat same for back.



# Hamlet

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# Junior Varsity basketball — a profile

By Esther Mosher

We have some new additions to the Junior Varsity Basketball team this year as well as girls from last year.

Elsie Olive comes to us from Rothesay High. We expect her confidence and speed will give the team a substantial boost.

From Hebbville High we have inherited another Hebb, Cindy. Cindy's height and calmness with a little more experience should be of great value to the Mount team.

Toni Bloise comes to us from East Hants. Toni plays a strong wing position and with her great spirit is a worthy contribution to the team.

Carm McNeil is a dedicated Cape Bretoner who fills a competent guard position. We expect good ball handling from Carm, and her coolness in tight situations will be a great asset.

Kathy Kelly returns to us again for a second year. Kathy's speed and jumping power cannot be over emphasized. Kathy came to us from Liverpool High where she played on the Girl's "A" team. That year Liverpool won the Headmasters in basketball.

Ann Lennox was an active member of the team last year on the bench taking statistics and giving support. This year Ann joins us on the floor. Ann was a student of the Mount Academy where she played an active role in sports.

Anr will be a valuable addition. She will get the job done.

Florence Milley returns for her third year at the Mount and on the team. Florence gives us a little more of that Cape Breton flavour which gives such great spirit. Florence is a strong player, who can jump, rebound and is good for almost all positions. There is no question of her value to the team.

Debbie Sowerbry returns for her second year on the team. Debbie comes from across the harbour in Dartmouth. Her talent is not yet fully developed but with a little more confidence, Debbie will turn into a fine ball player. Debbie was valuable for us last year and we are counting on her this year.

Heather Moore is at the Mount for her third year. This will be her second year on the team. Heather is from Dartmouth High. She is a quick and alert player on defense and with more time will further develop her offense strength to match it.

Joanne McGinn is here for her second year at the Mount and on the team. JoAnne played previously for Hantsport. She is very quick and can be quite an intimidator to the opposing team. Joanne's size is not in her favor but she is a real digger and in many instances overcomes this handicap.

Carolyn MacLean is also another new addition from Prince Edward Island. This spud is a dedicated one who provides a strong player on the boards. Her height, size, and strength are going to be a real problem for those who have to defend against her.

Esther Mosher, well what can I say -- "I'm fantastic." (Tongue in cheek.)



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# INFO

## Sport s

### BASKETBALL VARSITY

January 23 - Mount vs. Kings at 8:00 p.m. Vincent Hall.

January 24 - Mount vs. Dal at 6:00 p.m. at Dalhousie

### BASKETBALL VARSITY

Jan. 24 - Mount vs. Kings, 8:00 p.m. Vincent Hall.

Jan. 24 - Mount at Dal, 6:00 p.m.

Jan. 29 - Dal at Mount, 8:00 p.m.

Jan. 30 - Mount at Kings

Feb. 5 - "X" at the Mount, 6:00 p.m.

Feb. 15 - Mount at N.S.T.C.

### Curling:

Every Thursday from 3:30 to 5:30 p.m. at C.F.B. Windsor Park, Windsor St.

### Skating:

Every Tuesday from 2:00 to 3:00 p.m. at Centennial Arena, Fairview.

### Yoga:

Every Tuesday at 8:30 p.m. in room 508 SAC

### Tennis:

Every Sunday beginning Feb. 2 from 6:30 to 7:30 p.m. (all levels)

### Swimming:

Every Thursday beginning January 30 from 9:30 to 10:30 p.m.

### Judo:

There will be no Judo due to lack of interest. Instructor will not come for less than 20 people.

## CBC Radio

Andrew Allan: A Memoir

On Anthology Saturday, February 1, 10:30 p.m. EST.

Lorna Rogers Radio Network Promotion  
CBC Toronto 925-3311 local 4862

### Hey Marilyn - The Entertainers

CBC Radio Premieres New Musical Based on life of Marilyn Monroe Sunday, February 16 at 1:03 p.m. EST (on CBC-FM, Saturday, February 15 at 4:03 p.m. in stereo

For further info: Lorna Rogers, CBC Toronto, Radio Network Promotion 925-3311, local 4862

January 31 on CBC Radio at 8:03 p.m. EST Montreal's Late Mayor Houde Profiled on between ourselves

A Season of Celebrated Comedies

On Tuesday nights in February February 4, 11, 18, and 28. at 8:03 p.m.

## Dalhousie

### Canadian Brass

Sunday, February 2 at 3:00 p.m. at the Rebecca Cohn Auditorium, Dalhousie Arts Centre  
No Charge for Admission.

### An Evening of Mime

Friday, Feb. 7 and Saturday, Feb. 8 Rebecca Cohn Auditorium, Dalhousie Arts Centre at 8:30 Pm.

Get your ticker early by visiting or calling the Box office, Dalhousie Arts Centre 424-2298.

### Dalhousie Cultural Activities

Sun. Feb. 2 Free Sunday afternoon Concert "Canadian Brass"  
Rebecca Cohn Auditorium  
3:00 p.m.

Rebecca Cohn Auditorium  
Dalhousie Arts Centre

Robert Marcellus, Guest Conductor for "Scotia Music" Concert at 8:30pm  
Tickets are available at  
Dalhousie Arts Centre,  
424-2298

### Dalhousie Art Gallery

Jan. 21 - Feb. 12 Dalhousie Annual Student, Staff Alumni Exhibition

Nova Scotia High School Drama Festival Drama Festival '75.

Week long festival will run from May 4 through May 10. Dalhousie Arts Centre

Info: Dalhousie Theatre Department  
Dalhousie Arts Centre  
6101 University Avenue,  
Halifax, Nova Scotia

## Dartmouth Library

Subject for women.

"Ungilding the Cage" at the Dartmouth Regional Library in February and March.

Professional Guest Speakers

Starting off the series is Asking for it:

Rape and Protection on February 27.

Call 466-2701 for more Info.

Thursday, February 6

Traveller's Tales at the Dartmouth Regional Library.

Ralph Saulnier will be giving a slide presentation and talk about Mexico.

Carolyn Lock, Nova Scotia Museum, will give a talk on Natural Dyes and Home Dyeing" in the Dartmouth Regional Library Auditorium on Thursday, January 30, 1975 at 8 P.M.

Dartmouth Regional Library Bookmobile. If you'd like to catch the Bookmobile when it isn't on the move call 463-1749 and ask for Bookmobile Information.

## Miscellaneous

Canadian Child & Youth Drama Association Fine Arts Service - Dept. of Education will be conducting a major provincial workshop in Developmental Drama at NSTC in Truro, February 14-16. Open to anyone.

Further info write to: Drama Section, Fine Arts Service, P.O. Box 2147, Halifax,  
or call: 424-4378

### EYE LEVEL GALLERY

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and Saturdays, 11 a.m. to 2 p.m.

Thursdays and Fridays, 4 to 7 p.m.

For more information phone 425-6412

### MEETING:

Important, Home Economics Junior meeting Thursday January 30 at 12:30 p.m. in the Gold Room.

French Canadian artist Claude Leveillee

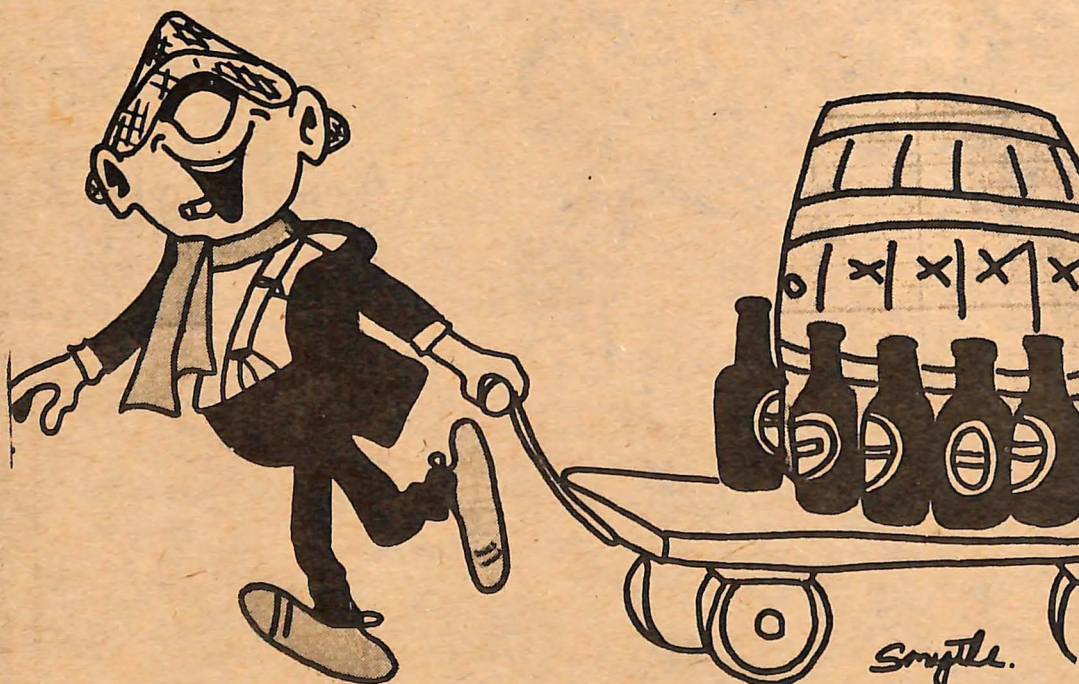
Queen Elizabeth High School Auditorium

Monday, February 3, at 8:30 p.m.

Tickets are \$2:00 for reservations call;

Federation Acadienne 453-0820 or  
429-4039

Tickets also available at door performance night.





# President wonders at disinterest in union affairs

Comment by A.S. Derrick

It is as usual a dazzling chaotic Friday afternoon, and as usual I am dazzling around the Student Council Offices. Friday is always the day that all the things that I have left undone come to mind. But it comforts me to realize that I am not the only person on campus to leave things undone.

It is nearly election time; a chilling fear creeps over me at the thought that if the enthusiasm of the majority of the students continues to exhibit itself as dynamically as it has all year, elections will be their usual farce. A number of people have worked incredibly hard this year, and have endured continual frustrations and heartache. These people have been the student council and the related peoples. I am writing this as someone who has worked with the most amazing collection of people; they have not backed down, they have not lost their tempers and they have always been willing to grapple again and again with the same problems. This year I have talked to a lot of people about the Student Union and what the ordinary students like us can do to get involved and improve the situation in which they live for 7 months of the year. It remains an unfathomable mystery to me that so many people can appear so verbally enthused and intrigued and yet nothing has come of it. The people that are involved are people that have come to see me in my office to find out what they can do. I would say that at a rough estimate they constitute 4% of the student body. Dissension and censure filter into our sphere, students complaining about their events and/or lack of;

students complaining that their student council does nothing for them. A great deal of what the student council does is not apparent to the typical uninvolved student. It is a constant battle with hidden but ever-present problems of catering and security, both of which the student council has undertaken despite the fact that we are neither a catering company nor a security force. These problems have been taken to the top, to the Board of Governors of the University, but that doesn't mean that we can all relax now and sit back (as the vast majority have done all year) and wait for someone else to snap their fingers and correct all the problems. Life, sadly enough, is not like that. It amazed me that in October we published the Student Union budget and not one student came to us to inquire as to what we meant by the specific breakdown of monies. Perhaps you all understood, somehow I don't think so. The Picaro ran a contest offering \$10. to the person who could correctly name the student union officers and committee members. I was

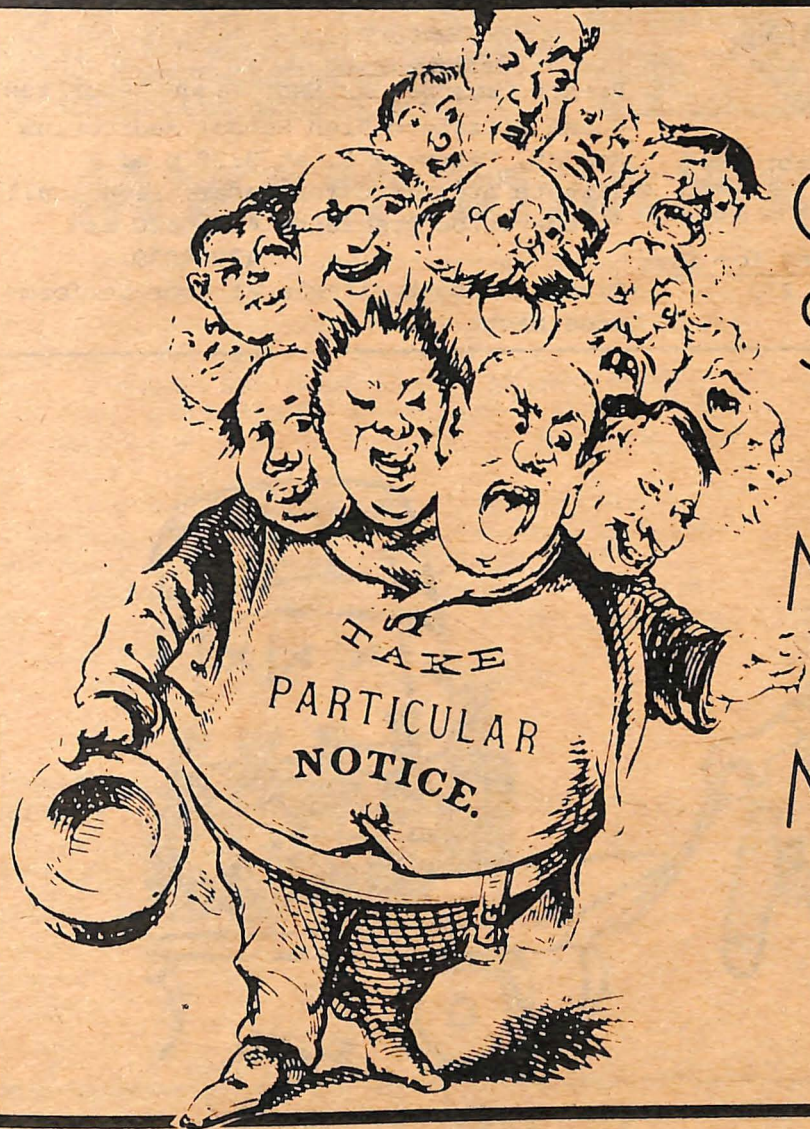
interested to see how many students could do it, but no one entered at all. Perhaps you don't have any use for \$10. but somehow I doubt it. I think it is more likely that the majority of you here at this University do not care one way or the other about what does directly affect you. I have longed to have people come down and talk about what annoys or concerns them about their University; I have longed to get their outlook and concept of the Mount. I cannot understand how many people can filter on and off campus in the run of a day

and how we see approximately 4% of them.

You are lucky this year that you will have a yearbook, because someone else is going to do it for you, you are lucky that you have a student store because someone else is running it for you and devoting their time and energy to its maintenance. You are lucky that you as a student are represented on every committee in this University that a student can sit on, because someone else is doing that for you too. You are lucky that you have a newspaper, and that someone puts on your bashes, runs them and stays up until 3 am to clean up the mess, sticky with stale beer and cigarette butts. It's tiring. Of course you pay your \$32.75, so do we!

The present council goes out of office on April 1st, however nominations for the new council open on February 3rd and close on February 10th. Aside from the usual council positions, there will be a great many other slots to be filled and always, always, many small mundane jobs, essential to the efficient functioning of the Student Union. This year someone else is doing it all for you, doing a great many things that although you may not realize or appreciate it, make the student's lot on campus an easier one. But next year if you don't do it, who will?

There is more to University than sitting in classes, there is more to do than wash your hair and get bored in residence...why do you deny yourself this extra dimension? It is you and only you who can make the changes on campus, the someone else will not always be here to do it for you. This is YOUR university, why let other people make all the decisions that affect you?



Nomination papers for all  
Council positions available at  
Student Union office

from  
Mon., Feb. 3 at 10 a.m.  
until  
Mon., Feb. 10 at 5 p.m.

