



by Cheryl Thomas

Today, in this land of technology and machines, the human body is becoming ruined by modern science. We breathe air filled with cancer-causing pollutants, we drink water loaded with chemicals and we eat adulterated foods that are processed so well that they virtually contain nothing but empty calories. For instance, a typical "nutritious" cereal has the ingredients listed on the box as follows: milled corn, sugar, salt, malt flavoring, sodium ascorbate (C), Vitamin A, Palmitate Miacinamide, Ascorbic Acid (C), Iron, Pyridoxine Hydrochloride (B<sub>6</sub>), Thiamin Hydrochloride (B<sub>1</sub>), Riboflavin (B<sub>2</sub>), Folic Acid, and Vitamin D<sub>2</sub>, as well as BHA and BHT added to preserve product freshness. How many people wonder what exactly is in BHA and BHT? The other "chemicals" are actually synthetic vitamins, which means they are fake. The delicious group of chemicals I have just listed make up the popular cereal CORNFLAKES, which will stay fresh over a year thanks to the preservations which are added.

Cornflakes is one of the consumer's more nutritious foods. Let us look at an altogether useless substance our bodies ingest: cola, or in general, soft drinks. Millions of people and even babies, consume gallons of soft drinks every year. Meanwhile, they are being extremely nasty to their digestive systems. First of all, soft drinks are loaded with sugar which is utterly useless when consumed in such quantities.

As far as I am concerned, sugar is utterly useless anyway because our body gets all the sugar it needs from fruits and milk. Secondly, cola contains acid which literally eats away at the stomach lining every time a soft drink is ingested. Try an experiment; drop a rubber band into a glass of cola from a can before retiring. (The rubber band is very close to the substance of our stomachs). In the morning, you will find that the rubber band is either gone or close to disappearing. That glass contains a harmful group of chemicals with a sugar base neither of which is of any benefit at all to your body and can only cause you harm.

With the millions of dollars being spent on cancer research every year, the FDA (Federal Drug Administration) continues finding chemicals that are harmful to the American public. Why don't they find more? Why has cancer become rampant in the past decade?

It is my belief that any substances which are alien to our bodies are going to cause us harm in one way or another. For instance, the human body's resistance to disease becomes very low. Just talk to a person who eats only natural, unadulterated foods (i. e. the HILLTOP editor) they will usually state that they have not been ill for some time. I am not saying that some persons

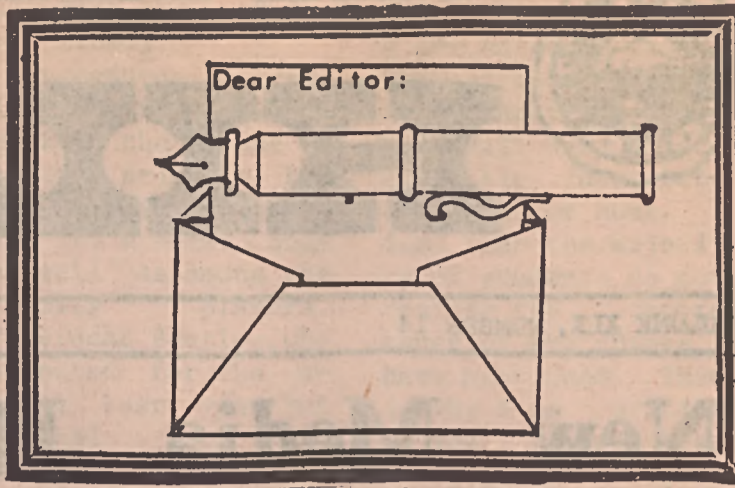
who live on candy bars, cookies, and sandwiches made with Wonder Bread are not healthy; perhaps their bodies do not require the diet o-

thers need. I am saying that these persons' health and stamina would probably improve greatly and their concentration would definitely sharpen.

With new foods coming out in grocery stores today it is not too difficult to eat a partially nutritious diet. I would recommend eliminating all white sugar because it is bleached with chemicals not too different from chloride bleach for clothes. For the same reason, white bleached flour, white rice, and bread should also be eliminated. These should be replaced with honey, unsulphered molasses, whole wheat flour, unbleached white flour, brown rice, and whole wheat or rye bread. When buying vegetables or fruits, fresh should be substituted for canned or frozen as often as possible. These contain very little nutrients and they have been colored with artificial dyes. Fresh vegetables can be obtained at a farmers' market or in most grocery stores. When they are being prepared, they should never be boiled but steamed in a small amount of water in a pan with a tight fitting lid and cooked on very low heat.

The consumers of today need to evaluate the food their dollars buy. Consider a cupboard filled with Cornflakes; Wonder Bread, Betty Crocker self-rising flour, Oreos, and other such popular foods; check their labels and see what

(con't on page 8)



Madame Editor:

How would you feel if you were in a closed election for a responsible position and you were defeated because your opponents protested a previous election when you won it and could not vote for yourself? Does this sound unethical and immoral to you? It sure as hell does to me!

I have heard about a closed election recently that ended with two people that protested on the grounds that they could not vote; they were excused while the vote took place.

As a note, this is my second "letter to the editor". While being courteous and ethical by allowing the participants a "right of denial"--an opportunity to express to me their opinion on the facts, style, or that I may be misleading the readers -- the first letter was "inadvertently" torn up by one of their associates. Their comments to me were, "You have

the right to your opinion" and "No Comment".

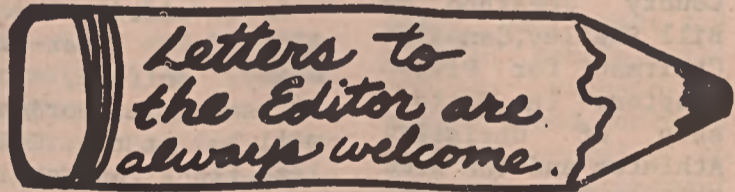
I am not expressing in any way that I think anything "illegal" or "unconstitutional" occurred, but I am raising the question on the matter of ethics.

My opinion is that these two used an unethical complaint and procedure. As you have noticed, I have not stated the name of the board, people involved or the position they received. This is because I stated that I would not name the names or criticize the individuals directly.

As a final note, one can easily see that unethical and immoral behavior is not restricted to political science practitioners.

I am personally glad that some ethical people requested and insisted I write this and that these people will not allow such unethical people to control too many things.

Sincerely,  
Ben Franklin



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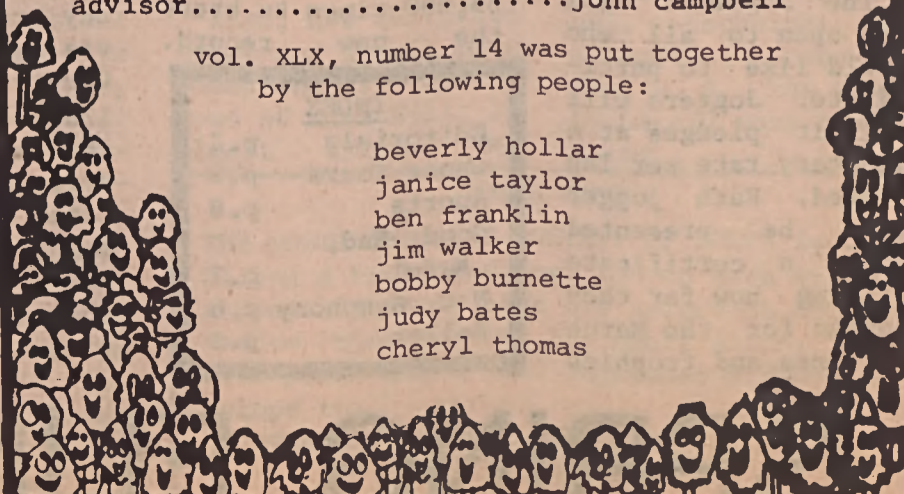
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