

# POISON PEN

THE ORGAN OF HASTINGS' @'s

» FREE PENCE « FRIDAY 16th SEPT '83

THE ONLY PAPER IN HASTINGS WITH

ABSOLUTELY NOTHING ABOUT JANE AMSTAD IN!

STOP THE CITY:-  
TOGETHER WE CAN DO IT!

OVER THE PAST TWO MONTHS OR SO a lot of organisation has been going on around the country to make sure that "Stop the City" is a success. A number of people from Hastings have been involved both locally and with the national co-ordination. Things are going well and there now seems little doubt that a large number of people will take part and as an absolute minimum we will be able to cause considerable disruption of traffic throughout the day. Potentially, with sufficient numbers, imagination and will, we can achieve far more than this.

Just in case you haven't yet heard about "Stop the City", the idea is basically this: the City of London is the heart of British capitalism and as such it is the source of finance for the arms industry which is responsible both for deaths and mutilation in wars which are raging now, and for the threat of nuclear war which may one day destroy us all. So, on the 29th of September we are calling on all who oppose this insanity to occupy the City, especially the area around the Stock Exchange, Bank of England and Guildhall, in order to disrupt the functioning of these merchants of death.

The 29th is now less than two weeks away. If you wish to come along on the 29th as part of an organised group which is going up from Hastings, it is vital that you come to our last planning meeting on Sunday 25th September at 3pm (venue yet to be confirmed at time of press-- ask one of the @'s or see next week's ish) or if you can't manage that, then come along to one of the anarchist group's Monday evening meetings in Mr Cherry's pub on the sea front.

If you are not going to be able to make it on the day, then you can still take part in the telephone blockade. On the next page is a list of City firms and institutions involved in the arms trade along with their telephone numbers.

PTO.....

This week:- ummm... errrr... hmmm...  
Oh, read it yerself and find out



ALL NUMBERS ARE PREFIXED OI-

MORGAN GRENFELL 588 4545  
HILL SAMUEL 628 8011  
KLEINWORT BENSON 623 8000  
GRIEVESON, GRANT & CO. 606 4433  
SUN ALLIANCE 588 2345  
C OMMERCIAL UNION 283 7500  
ORION INSURANCE 626 4567  
LONDON & MANCHESTER ASSURANCE 628 8000  
EAGLE STAR 588 1212  
KARDEX SYSTEMS 242 0362/405 3434  
LLOYDS REGISTER OF SHIPPING 709 9166  
PERMOID LTD. 253 5602  
PILGRIM ENGINEERING DEVELOPMENTS 283 8000  
RAILWAY MINE & PLANTATION EQUIPMENT  
606 7000  
SHORROCK SECURITY SYSTEMS 251 0819  
TITANIUM METAL & ALLOYS 628 6141  
have fun!

We have copies of a research document which has more details of what firms are involved in what, who the directors are and so on, which you can see if you wish.

Steve.

ADVERTS?? who said that??? quick, quick, think of something, damn you! There's  
a turd of a page to fill up and nuffink to go in it....oh umm errrr....well let's  
get the usual over and done with and start off sensibly and reasonably, none of  
this silly gibbering business.....

Hello. I'd just like to tell you in a reasonable manner that Hastings @'s meet every Monday evening at Mr Cherry's boozer along Marina at 9:15. Come along and get a P.P., give us articles, money, beer etc or just for a sociable natter. We'd be ever so frightfully grateful if you could give us one or two or more pennies for your copy of P.P. because it's not exactly cheap to **print** and give away every time, and well...there are the kids to feed and the mortgage repayments to keep up and the H.P. on the dishwasher and the Jag will need re-taxing soon as well as the servants who keep moaning about being paid in potatoes and empty cartons of soya milk....I'm sorry, this is getting silly again. Cough cough. That's better. Where was I? Oh yes, there's a slide-show and talk in Eastbourne next Thursday (22th) on hunt sabbing and hunting generally. Interested? There should be transport from Hastings so get in touch with us for further details. What else? NOTHING? ! ? Oh well, P.P. was typed by Si & melita; printed & published by Hastings Free Press, 92 London Road, St Leonards-on-Sea, East Sussex.



## CUTS NOT CURES.....

You've no doubt heard about the proposed cuts in health service budgets, but the figures don't mean anything till they are applied as real cuts in staffing levels and ultimately the care patients will be getting. In this health district, all departments have been told to make extensive reductions in their spending. Usually the ancillary staff and services - Laundry, Portering and Sterile supplies Dept' - are the first to be affected, and often bear the brunt of the cuts. However since the last round of pay talks and the long dispute last year subtle cuts in personnel have been made often by-passing the usual discussions, between workers and management through the unions. Some people have been given so-called 'Voluntary redundancy' with assurances of excellent references should they be applying for another job, however skills learnt in the Health service very rarely can be duplicated except in further health service employment.

So this time around the cuts will be made in areas which will directly effect the patients - Medical staff, Nursing Staff, Pharmacy, Pathology Lab, X-ray etc - though of course there will be the usual statements from Senior Administrators and the District Management team, claiming that patient care will not suffer. However many Staff Nurses and Doctors that I've spoken to are very worried and feel that it is quite certain that the patients will suffer as a result of reductions in staff, further they feel that they will not be able to guarantee the safety of the patients. A particular area of concern is the staffing on night duty, at present there are around 18 - 20 Nurses on duty at night for the Ten Wards at the Royal East Sussex Hospital, which means that most Wards have at least two people on duty if not three, however after the cuts are made there will only be 16 nursing staff on duty maximum. Already there is no nurse permanently on night duty on the Casualty Dept! A few weeks ago a House Surgeon working on the Orthopaedic Dept' was sacked because he neglected to give a young boy an anaesthetic prior to a manipulation of a fracture, anyone who has ever broken a bone will know how painful it is without being moved. That occurrence raises another question, a House Surgeon is a Junior Doctor who is not registered to practice and should be supervised by his Consultant or at least his Registrar, this was apparently not the case in this situation. Where were they on the Golf Course or too busy in private practice?, Your life in their hands etc.....

Fishon Fowler.

And while on Medical Matters...

There is a Hastings Group of the Nurses Anti-Vivisection Movement being formed, right now.

Aims of N A V M

We are a Peaceful, non-violent organisation committed to the campaign for the total abolition of Animal Experiments. Our Aim is to educate all members of the Nursing, Medical and Ancillary Professions in the Moral and Ethical issues involved.

They need donations from non - nurses so please give if you can.

If you are a Nurse and would like to join please write to;

NURSES ANTI-VIVISECTION MOVEMENT

HASTINGS GROUP

c/o 60C, CHURCH ROAD,

ST LEONARDS ON SEA,

EAST SUSSEX.

T.N.3.7. 6.E.E.

(Which is also the address for any money etc)

Congrats to the ALF for the raid on a Mink

Farm over the weekend. Apparently there are

still 20 animals still free. FREE ANIMAL

T.U.C. AND TEBBIT

I'm sure our wonderful Union Leaders were extremely pleased to win the vote on whether or not to talk to Tebbit - (The Chingford Skinhead). Can't you just imagine old Len Murray lounging around in Whitehall having brotherly discussions with Norm' over cocktails, (Did you know Len Murray earns more from the TUC than Tebbit does being an MP?). After the 6 or 7 course meals they will know doubt step out into the cold London air to be whisked away to their humble abodes in Rolls Royces. Having had extremely constructive talks, about making it illegal to strike, talk think etc etc.

Brother Animal.

T.V. Review of sorts.

I was very pleased to read in the Sunday press that Winds Of War, a lengthy series of episodes of the lives of people in the 2nd World War is in fact a total flop, despite the constant plugging for the last three months carried out by the IBA, when will they stop praising war?.....



OF FASCISTS.

The incident arose when a n East London Labour MP Mr Stan Newens called for the release of the files and recordings of interviews with Sir Oswald Mosely and other members of the BUF. Under the thirty year rule these files should have been released to the public by now. However due to the fact that these files contain the names of various Tory Peers and other pillars of the establishment the home secretary has decided that in the interests of National security it would not be a good idea for these files to be released until 2032, when presumably the people named will have been dead for some time and the harm it could do them gone.

Much to the amazement of his fellow mps Mr Warren, not usually renown for his concern for anti-fascism, woke up , stood up and announced from the back benches that he was fully supporting Mr Newens- and muttered something about expelling and exposing all extremism, fascist or communist.

While of course it does look like a quite reasonable idea to expose various Tory MPs and peers for the fascists they really are, we surely have to ask why does Mr Warren want to do something that will obviously hurt his Party and his Government. Is it the thought that if a Life Peer or someone is exposed and forced to quit, this could leave Mr Warren cosily situated on a large estate some-where, where he can go hunting fishing and concentrate on making lots of money, from electronics. Anyone else any ideas?

Now for a full report of the Trades Union Congress, in Blackpool.

[illegible]

Was that Fun or was that fun?

Next month is The Labour party National Conference in Brighton - Wow- but not just an ordinary one, oh no, this year is another party leader contest.....Whoopie..... Then soon after that we have the Conservative Party Conference.... This is really fun I picketted it last year, and entered into really deep political discussions with the queues of very odd looking people who think they rule over us. Any way their political level is so amazing, it honestly is quite a good laugh.

Luv & Porridge, Len Murray

ALL GOVERNMENTS EAST AND WEST  
REALLY ARE THE SAME.

The shooting down of that Korean airliner by Soviet military planes highlights several things about the world we live in. Not least is the fact that if you train someone to shoot a gun, and tell them that it right to do so (Programme Them), then it does not matter, a bit where they are, flying over soviet airspace, in a Sukhoi Jet, Armed with rubber bullets on the Bog Side, or deep inside a nuclear bunker in the Nevada Desert, one day you may act as you have been told to do, and press the button.

The other thing highlighted by this incident is the total hypocrisy of the reaction by the west. Of course it's always the innocent that are killed in these struggles between government and political groups-the people of Hiroshima, Nagasaki, Dresden, Sabra Camp Lebanon, Londonderry etc. But where was the reaction 2nd July this year when US Plane shot and seriously damaged a Libyan Civilian Plane over the Mediterranean in international airspace. It had 340 people on board and was forced to ditch in the sea, two people were killed and numerous injured but where was the international outcry then. Two people or 300, they are still innocent caught in the aimless struggles by governments and politicians.

The Supreme Presidium Of Soviet Union  
The Kremlin,  
Moscow  
USSE  
30th Aug 83

Dear Ron,  
Sorry to hear you're having some trouble from those peace people, does get a bit awkward when they start winning the arguments, my solution is always to send them on vacation to Gorky for Reprogramming sorry I ment recuperation.

Like you I'm having difficulty justifying the purchase of the new missiles, had to tell the proles the old story of a grain shortage, due to US imperialist sabotage, I hear you explain away your hurricanes with stories about out satellites.

Anyway I'm arranging a suitable international incident which will let you justify a build up of Cruise on your side, and let me respond, similarly. Hope this letter finds you well, thanks for the Hair Colouring, the rest of the politburo is getting really jealous. See you in the bunker.

Regards,  
Yury.



# POISON PEN PROBLEM

## PAGE

There has only been one question this week. Any subject and anonymous ones are quite acceptable, so please send your health Problems/Questions etc in.

Q.

A lot of health food shops and literature encourage people to take large doses of vitamins and minerals in tablet form, which is supposed to make you more healthy. Is it a good idea to take vitamins this way or can it be harmful.

A.

Firstly, Health food shops in most cases exist only to make profits from someone, so if they promise better health or longevity by taking their products people particularly the elderly can become easy prey to their claims.

In normal healthy people there is no real reason for anybody require supplementary vitamins particularly in the often huge doses sold at extortionate prices in health food stores and many chemists. The taking of some types of vitamins can be dangerous if taken in excess of the bodily requirement.

Vitamins can be divided into two types; Water Soluble and fat soluble. Water Soluble Vits are B group and C, which if in excess of bodily requirement are excreted harmlessly. The fat soluble Vit' are A, D, E, and K, these are stored in the body and if taken in excess can reach toxic levels and become poisonous.

If you take a well balanced diet particularly a vegetarian diet with a great variety of foods you will obtain more than enough of vitamins and minerals required for health. Occasionally in specific illnesses vitamins may be prescribed, eg Vit' C for patients with TB, Pyridoxine (Vit B 6) for people taking oral contraceptives. But actual deficiency is virtually unknown in Britain, except in the elderly and young babies but this is rare. si.

## YOUTH FOR ANIMAL RIGHTS

Youth for animal Rights now publishes their own magazine - Animals Now-

This is available from YAR

HILLVEIN

Pric 35p inc p&p

CHAFFCOMBE

NR CHARD

SOMERSET T A 20 4 E H

## MILITANT

ODDS+  
SODS

Your Chance of a Lifetime - prizes, prizes, prizes.

Enter the new MILITANT Truly wonderful Competition.

Your chance to win a years supply of Militant to line your waste bin with, put at the bottom of the Cat Litter, help you sleep etc.

All you have to do is invent a new Slogan, that Militant can use for the next thirty years.

You know the stuff:-

Labour to Power on a Socialist Bicycle.

Expel the Party Vicars, Or is that Wreckers??

Dump the Lavatories

etc etc etc.

To enter you need at Least an undergraduate degree in Politics, and a fail application to work at BL.

Send your entry to; Senior Lecturer in Social science, Trotsky House, Stalin Block, Rod Fitch Street, Brighton. Or C/O Sussex University.

Get well soon, Mike C.J. -----

## THERE'S ALWAYS SOMEONE LOOKING AT YOU

Isn't it nice to know that our wonderful boys in blue are looking after us, except when they take too much interest in you as happened this week, to me.

On Monday night I was walking home along London Road, at around 2.30am, just before the slip road to the Station, an Unlit Police car - no lights at all not even headlights moved from across the road and stopped beside me.

The two gentlemen inside started to ask me questions like who was I Where had I been where was I going etc. I initially did not want to tell them but they said they would take me in if I didn't. I gave them my name etc but surprise surprise they did not believe me and wanted ID, this I provided with a Union Card, they were obviously very bored and looked disappointed when I proved who I was. Anyway they let me go, and I got home and crashed out I must have been asleep about 1/2 Hour when there was a loud knocking at the door, and guess who? the same cops. They said they just wanted to check that the address was correct.

Well I thought that would be that but oh no, the guardians of the state, sorry Law & Order, had more in store, on Tuesday night at 1.00am I had another knock on the door there they were again. They said they wanted to ask some questions and I could answer them here in my flat or at the Station, a brief discussion about my rights ensued, but they seemed rather menacing so I let them in.

It turned out that there had been some milk bottles broken in London Road, and put under the tyres of Cars -- Did I know anything about this etc anyway after what seemed ages they decided to go but said I might hear from them later.

(Not-so) Free Animal.



# THE Fun

The paper that supports itself

Still only Op

FREE

Photocopy and  
Pass on!

NOBODY  
DOES IT  
BIGGER

INSIDE YOUR SUPER SOARAWAY FUN!

★ Could your daughter really be a merchant banker? p4

★ Are Underground Offices the answer to Tower Top Blues? p5

★ Blowing the World to bits means democracy-Reagan; peace-Andropov

★ Starvation, Repression and Mass Murder plus latest fashions p.11

NOBODY  
DOES IT  
BETTER

# CARNIVAL IN CITY

From R.U. BOARDSTIFF in 'the City'



THOUSANDS OF PEOPLE will be turning the streets in the centre of the 'City' into a carnival, and they want everyone to join in!

## DAY OFF

Those whose work is getting them down may take the whole day off. People

are coming in from outside London to join in. Even dragons are rumoured to be coming. There will be entertainment all day - Street Theatre, Music etc.

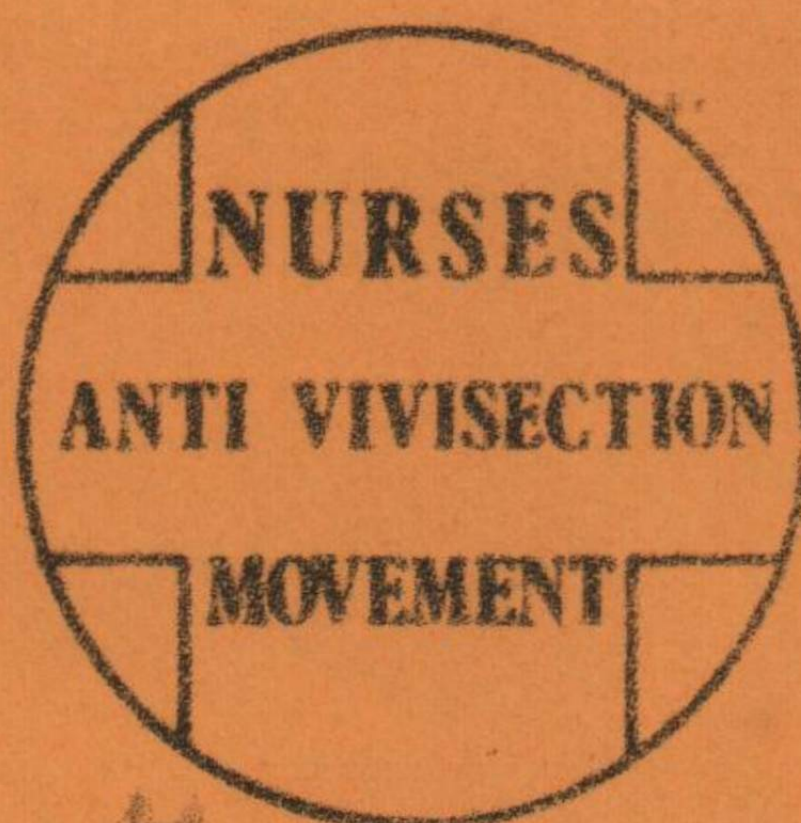
## WHY THE CITY

The organisers say it is a festival for peace in the centre of finance for war.

Day of  
Festivities  
Planned  
For Thurs  
Sept 29

SECRETS OF 'CITY' REVEALED p.3





THE NURSES ANTI VIVISECTION MOVEMENT IS OPPOSED TO ALL FORMS OF VIVISECTION BUT, IN PARTICULAR, WE REGARD THE TESTING OF DRUGS ON ANIMALS AS NOT ONLY ETHICALLY UNACCEPTABLE BUT DANGEROUS TO HUMAN HEALTH.

AN INCREASING NUMBER OF WIDELY USED DRUGS ARE BEING WITHDRAWN FROM THE MARKET. DESPITE EXTENSIVE RESEARCH ON ANIMALS, THESE DRUGS HAVE PROVED HARMFUL TO HUMAN BEINGS.

ADDITIONALLY ALL DRUGS PRODUCE SIDE EFFECTS, MANY OF WHICH ARE NOW SO VIRULENT AS TO REQUIRE COUNTER TREATMENT BY OTHER DRUGS.

THERE ARE CURRENTLY 40,000 - 50,000 DRUGS ON THE MARKET, MANY OF WHICH ARE PRODUCED OVERSEAS, NOTABLY GERMANY AND SWITZERLAND, YET, IN THIS COUNTRY, ILL HEALTH IS INCREASING. FOR INSTANCE THE NUMBER OF YOUNG CHILDREN WITH DIABETES IN BRITAIN IS DOUBLING EVERY DECADE. ROUGHLY 13 OUT OF 10,000 CHILDREN BORN DURING ONE WEEK IN 1970 DEVELOPED THE DISEASE BY THE AGE OF TEN, COMPARED WITH 6 OUT OF 10,000 BORN IN 1958 AND WITH ONE IN 10,000 BORN IN 1946.

WE SAY THAT MORE RESOURCES AND EFFORT SHOULD BE DIRECTED TOWARDS THE PREVENTION OF ILL HEALTH AND A REDUCTION IN THE USE OF DRUGS.

WE ALSO SAY THAT TESTING DRUGS ON ANIMALS IS EXPENSIVE, PRODUCES MISLEADING RESULTS AND SHOULD BE STOPPED IMMEDIATELY.

WE ARE CONVINCED THAT THE DRUG COMPANIES COULD CHANNEL THEIR IMMENSE PROFITS INTO MORE BENEFICIAL RESEARCH PROJECTS.

#### MEMBERSHIP

WE ARE A PEACEFUL, NON VIOLENT ORGANISATION COMMITTED TO THE CAMPAIGN FOR THE TOTAL ABOLITION OF ANIMAL EXPERIMENTS. OUR AIM IS TO EDUCATE ALL MEMBERS OF THE NURSING, MEDICAL AND ANCILLARY PROFESSIONS IN THE MORAL AND ETHICAL ISSUES INVOLVED.

IF YOU ARE A NURSE AND WOULD LIKE TO JOIN US  
PLEASE COMPLETE THIS FORM AND SEND IT TO: N.A.V.M. HASTINGS GROUP  
National Contact. Hastings & East Sussex Contact.  
SHELAGH DICKETY Simon F Tyler  
HILLCREST COTTAGE 60 C, Church Road  
2 HILLCREST St Leonards On Sea.  
UPPERTOWN  
BONSALL (SEN NIGHT DUTY RESH)  
DERBYSHIRE. DE4 2AW. TELEPHONE WIRKSWORTH 4664.

NAME .....  
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