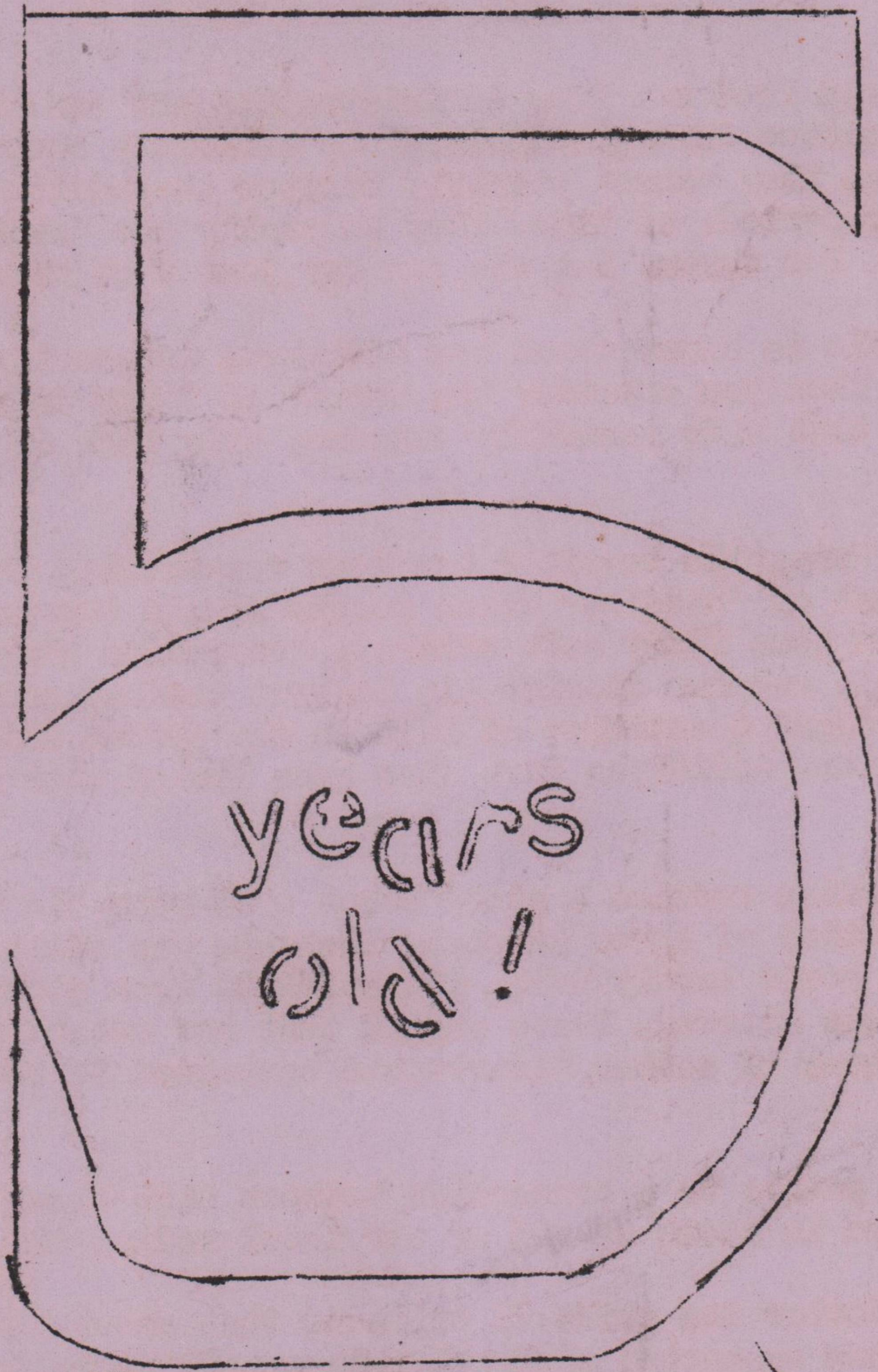


# POISON PEN

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cikcigh! we're



happy birthday to us

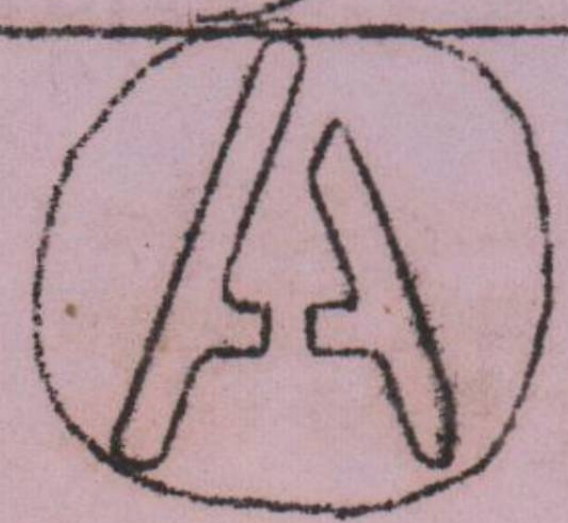
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- 22nd OCT. 1983 -

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SPECIAL ECONOMY ISSUE

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# Food additives - CANCER ON YOUR PLATE

You may remember that a few issues back we gave you a list of food additives ("E" numbers) which are of animal origin, or are suspected of being carcinogenic. We'd now like to extend your knowledge of food additives, and tell you why you should try to eat wholefoods instead of one-third food and two-thirds chemicals!

There are now about three thousand food additives, of which more than two thousand are flavourings. These E-coded numbers also include thirty to forty preservatives, ten to twenty antioxidants (anti-rancidity agents), one hundred and forty or so colourings, along with flavour enhancers, texture changers etc etc. Phew!

While the American Food and Drug Administration and our own Food Additives and Contaminants Committee do, apparently, keep stringent checks on the chemicals used by manufacturers, they cannot possibly monitor the additives ingested by individuals over long periods of time. They generally use "average" and "extreme" diets as a yardstick for tests. But who can say just what they are?

Also, very little is known about how additives interact with different foods and with each other. When you consider the amount of fizzy drinks, fishfingers, sweets, biscuits etc that kids generally consume, this lack of information becomes quite worrying.

One doctor at a Hampshire hospital has been researching food additives and he has come up with a list of "baddies" which people should try to avoid. These include tartrazine (in some fizzy soft drinks), monosodium glutamate (a flavouring used in many products), sulphur dioxide (in instant coffee) and sodium derivatives which push up the "hidden" quantities of salt in the system which are strongly linked with hypertension. Additives have also been linked with migraine and hyperactivity in children.

This week's Guardian carried a story about a 25-year-old woman who had been consuming large quantities of lemon sherbet. When she was admitted to hospital she was so weak that she could hardly walk, she suffered from giddy spells and headaches and her speech was slurred. Tests showed that her metabolism was out of order-- caused by the vast doses of sodium bicarbonate contained in the kali powder of the sherbet.

Recent research points to a connection between high blood pressure and sodium in the diet and we take in about 20-40% of our total sodium via processed foods.

The Hampshire doctor has said: "I estimate that about 12% of all hospital admissions are somehow connected with allergic reactions to food additives. The problem is intensified by the fact that once you are allergic, the body will react to the substance however little you ingest."

Added to all this confusion is the manufacturers' reluctance to tell us what their products actually contain. For example, do you know what E's 280, 281, 282 and 473 are? Well, neither do I, but I'm assured that they are all animal products and all, or variations of them, can be found in pre-packed bread.

In general, manufacturers use more animal additives than they would like to tell you. For example, Sainsbury's are unable to confirm that the emulsifier used in their "vegetable" cream is always of vegetable origin.

All in all, it seems clear to me that the healthiest way of eating is to stick to wholefoods. Of course, checking labels of convenience foods can always be useful, but it's worthwhile remembering that if people stop buying food with additives, then manufacturers will stop using them.

Continued on back page.



## THE VELVET GLOVE:::::

WHAAAAT?? Open day at the cop shop?? Not a mass release of prisoners, surely? Well, no, actually it was just a public relations exercise by our brave lads in blue, but it had to be worth a look anyway. I wasn't impressed (fancy that).

I suppose it really shouldn't have been much of surprise, but I was rather taken aback at the number of parents who had attended with their offspring. I couldn't say in the majority of cases who had dragged whom along, but there was quite a sizeable number of very young children, so I rather suspect the parents to be the guilty parties. Well, it was all laid on for the kiddies after all: the dear sweet little brats queued up eagerly to have their pawprints taken, in training for the day when they'll be on every computer from Walthamstow to Washington; horsies were there to be patted (I didn't see any of the doggies we were promised on the poster), cars to be clambered through. There was even an underwater search unit equipped with diving gear-- all Action Man adventure stuff.

There was also video equipment on display.....we all know we're on police files, but it's rather disconcerting actually to see oneself on their screen...eek! (Look mum I'm on T.V.....) Displays of the "Tools of the Trade" had been set up-- one assumes these weapons did actually belong to 'criminals' and they hadn't just emerged from the police's lockers. The only way to distinguish between the criminals' weapons and the police's was by the pretty little crests the cops decorate theirs with.

We also saw the armoury of equipment one criminal had amassed in order to commit his crimes: amongst the selection were gloves (gasp!), pliers (oh no!), screwdrivers (good grief!) and even scissors (aaaagh!). If those sort of things are reckoned to be "tools of the trade" then quite a fair proportion of the populace could find that if they fall foul of "The Law", possession of such terrifying implements could be used in evidence against them. Pathetic.

We all know where cops keep their brains, so where else would one expect to find a display of knives than at floor level, eh? Just right for the dear wee bratties to hack their mitts on or fall against. Smart huh? They'd wheeled out all the young and good-looking and the old and benign cops, just to show what a nice bunch they are really. Well it's good to know that we're all being protected by such a dishy bunch of chaps, isn't it girls?

I asked one of the cops when we were going to get a chance to see the cells, but I was assured that they weren't very interesting. Oh no, it wouldn't do for the kiddies to see the real job the cops do, aside from all the Action Man excitement, because the reality of people locked away in concrete cells isn't so palatable.

Hm well, it was something to do on a Saturday afternoon.....

melita.

And more of the similar.....

### AN UNFAIR COP

Detective Constable Peter Finch and Detective Constable John Jardine have been found not guilty of attempting to murder Stephen Waldorf. At the time Mr Waldorf was not armed, he was sitting in his (now famous) yellow Mini at a set of traffic lights when three police officers fired fourteen bullets into it, five of which hit him. He was then dragged from the car and smashed round the head several times with a police revolver, because, as one of the police officers put it, "he was still moving".

Still moving after having been hit by five bullets? How provocative-- he obviously deserved a good crack round the head.

From an anarchist point of view, what can be said about this case? We are not surprised by the behaviour of the police: we already know that the police are a gang of armed terrorists employed to protect the interests of the State and the ruling class-- it would....

Continued on next page.....



Food additives from P2....

Just a quick word about the benefits of whole foods:- they have undergone a minimum of processing or none at all and therefore, when fresh, still contain all the nutrients they possessed in their natural state. So, eat brown instead of white bread (or better still, make your own), use brown instead of white flour, brown rice instead of white, and brown sugar instead of refined sugar.

If you want to know more about food additives, then a booklet called "Look at the Label" is available free from the Ministry of Agriculture, Fisheries and Food, Publications Unit, Lion House, Willowburn Trading Estate, Alnwick, Northumberland NE66 2PF.

Hexachord Fantasy.

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Continued from previous page.....

....be surprising if the sort of individuals likely to join such a body did not from time to time indulge their Action Man fantasies in incidents such as this. Nor are we at all surprised that they have got away with it.

What this case does show is that it is not only in Latin America that police "death squads" operate. It is quite obvious that the police were sick and tired of being made to look like idiots by David Martin (who had escaped from their custody, shot one of them and managed to avoid recapture) and had set out deliberately to "finish him off".

If they had not made the mistake they did, David Martin would now be dead rather than serving twenty-five years and all we would have heard in the press was that he had been shot in self-defence.

The "Daily Telegraph" of Thursday 20th October quoted a spokesman for the Police Federation as saying that he was "thrilled to bits" by the verdict. I bet.

Steve.

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ST. LEONARDS-ON-SEA, SUSSEX.

You may have noticed that P.P. is an ultra-miniscule edition this week, and this is mainly coz hardly anything has happened in this necropolis of ours which is worth writing about.....or at least, nowt that we've got to hear about. But we're sure that loads of you out there have exciting tales you're just busting to let the populace know about eh?? So why not scribble down an article and either send it to us c/o Hastings Free Press, or give it to us at one of our meetings.

Hastings @'s congregate in Mr Cherry's pub on Monday nights at 9:15.

Does anyone have/know of anywhere we could store a bit of furniture for a while urgently?? If you do, please get in touch with us.

This Thursday, 27th October, the Compass Theatre Co. are presenting "Damocles" at HUCAC. It starts at 7:30 and it's £1 unwaged/£1.50 waged.

STOP THE CITY-- the next action is planned for March 29th... time to start work on it.....

oh smelly bums I can't think what to fill this space up with so I'll just leave it blank and you can write your own bits in....