

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... error... hmmm...
Oh, read it yerself and find out

CUTS NOT CURES.....

You've no doubt heard about the proposed cuts in health service budgets, but the figures dont 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 ancilliary 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 personel have been made often by-passing the usual discussions, between workers and management through the unions. Some people have been given socalled '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 futher 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 ofcourse there will be the usual statements from Senior Administrators and the District Manag ement 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 to 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 Movemant 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. Apprently 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 winthe vote on wether 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 wisked 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 ?.....

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.

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 B 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
Passon!

INSIDE YOUR SUPER SOARAWAY FUN!

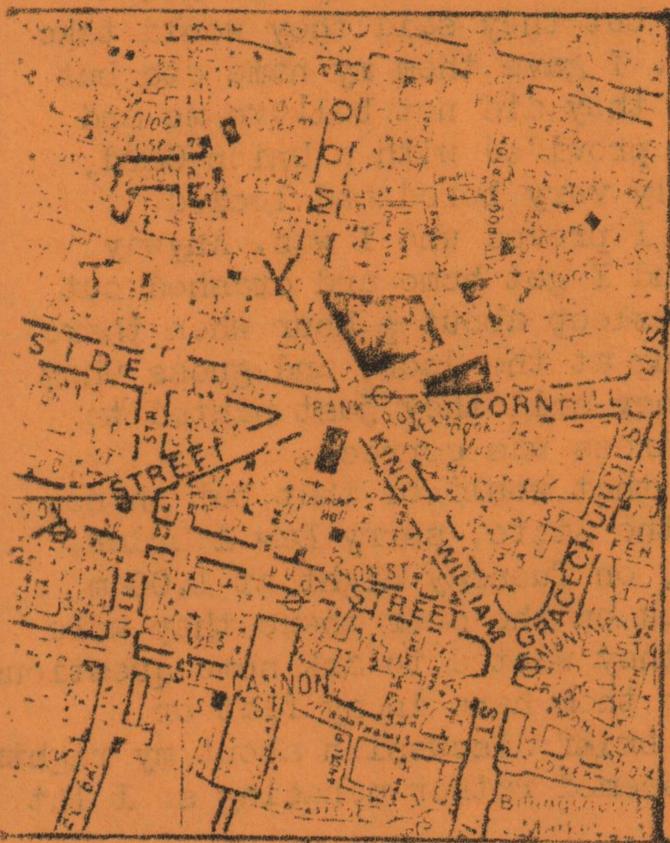
NOBODY
DOES IT
BIGGER

- ★ 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.
SHELAGH DICKETY
HILLCREST COTTAGE
2 HILLCREST
UPPERTOWN
BONSALL
DERBYSHIRE. DE4 2AW.

Hastings & East Sussex Contact.
Simon F Tyler
60 C, Church Road
St Leonards On Sea.

(SEN NIGHT DUTY RESH)

TELEPHONE WIRKSWORTH 4664.

NAME
ADDRESS
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TEL. NO.
QUALIFICATION(S)