

## HOW DID YOU

# GET UP ON TOP ?

# WE WILL NOT STOP

WE LIKE TO BOP

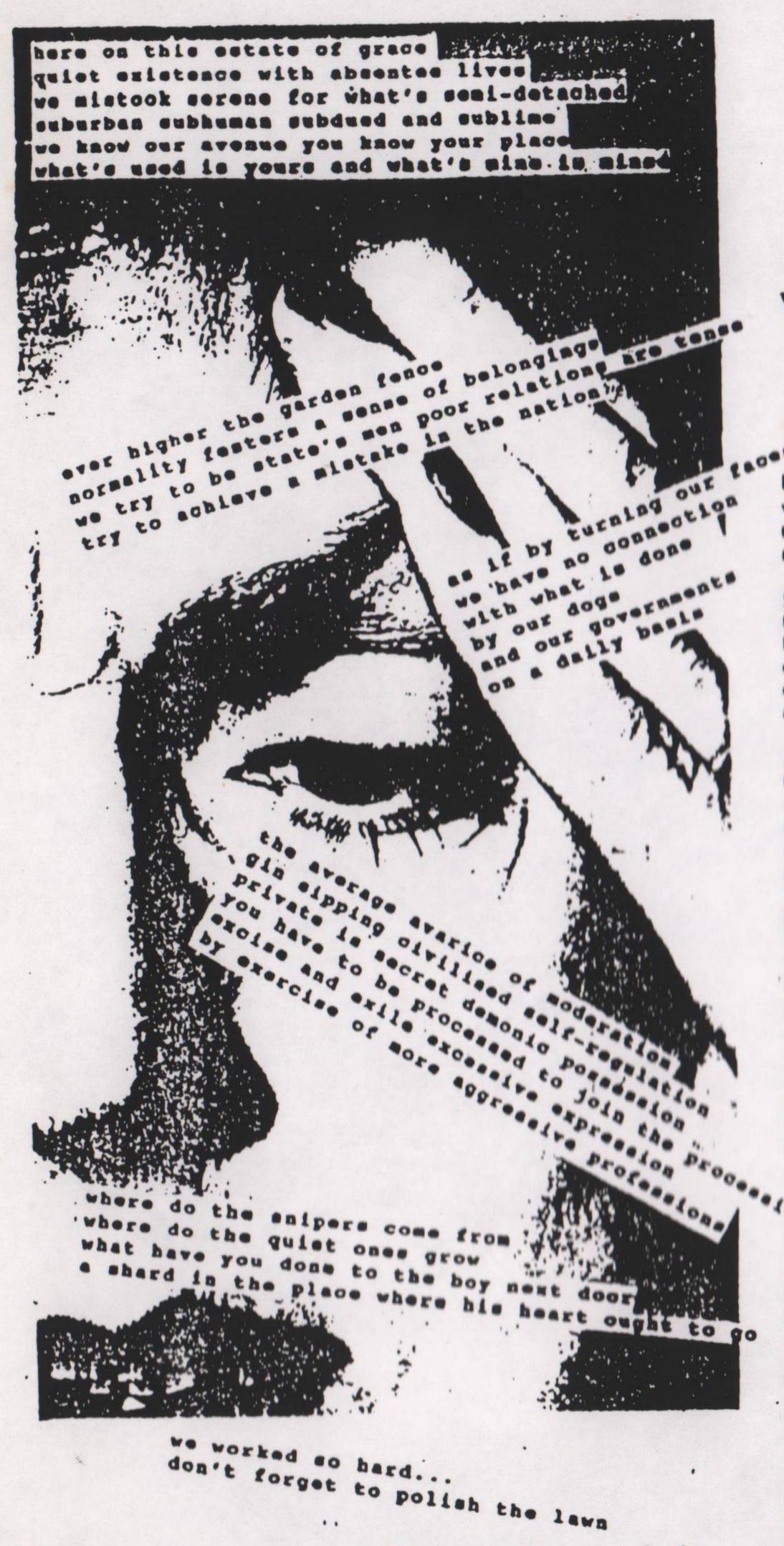


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# HIP HOP ON A COP

"Totally Normal" C/O BM CRL LONDON WCIN 3XX

16664 TOTALL 



i think i have a headache

## What's causing those terrible headaches?

It's one of the most frequent complaints we have. Headache, In fact, about half the patients of a doctor in general practice suffer from beadaches.

Sure, you've had them tens; and if they become chromie, you wonder what's tachind them. It could be your cycs, curs, simusch, mane, or teeth. Or is it constignation, vitamin deficiency, or an aller any"

Actually, the must frequent cause of Includie he is maxima. The kind of tension produced by a society that places the value of commutities above the fulfillment of natural desires and insists on rampant authority to keep us in line. What to do abund it? For years, people depended mostly on promises from unitside summers religions, leaders, new idenlogies, and reform of institutions. But unlay it's evident that these attempts have genten us nowhere, and indeed, have set us back!

So there isn't any more time to lose, Instead of putting our faith elsewhere, in vague statements from authority, in the promise of a paradise tomorrow. let's work with what we know best--· , urselves, here and now.

If you've been bothered by chronic headaches, don't hesitate to take immediate steps to remedy it. Plenty of people share the same problem. It's time we take it upon ourselves to stop being bricks in their pyramid scam.

Inverting the pyramid brings headache relief quicker than any bill or leader ever could. Realize your potential...and find out just how refreshing a clear mind can be!

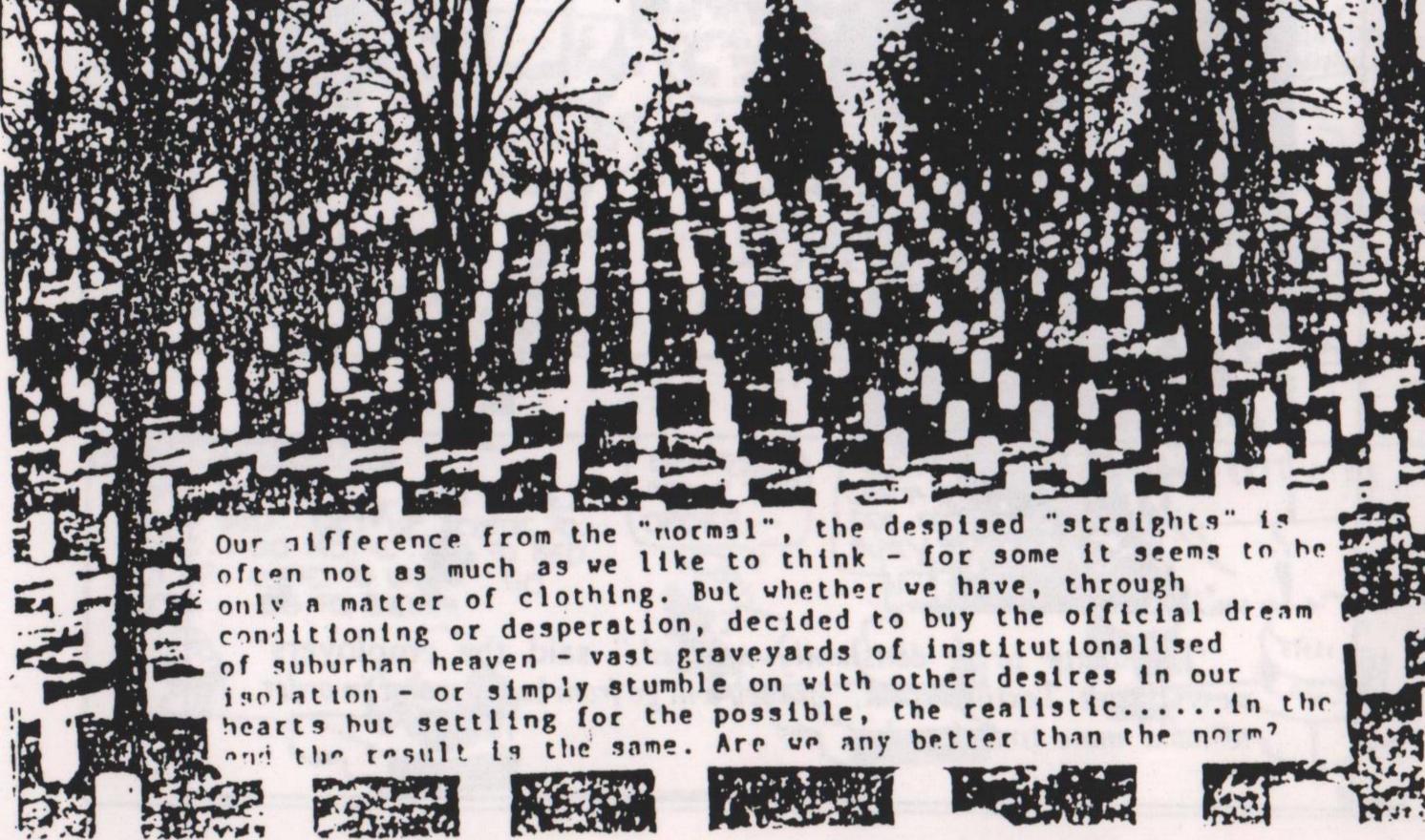


'llow much longer to this party then?' "Yeah, we're miles from anywhere now." "Suburbia, Straightsville UK, it sucks." "Tils is dreamland for the normal." Who wants to be normal ?"

Jim listened to the conversation, supping on his can of Cheepa-Lager and looking about. Since they'd left the tube station it had got more and more like the Twilight Zone. One old bloke walking his dog, he'd stopped and stared at the noisy group of scraggy punks as they bumbled by, drinking and laughing. The odd car, the odd twitched curtain, the odd bloody atmosphere.

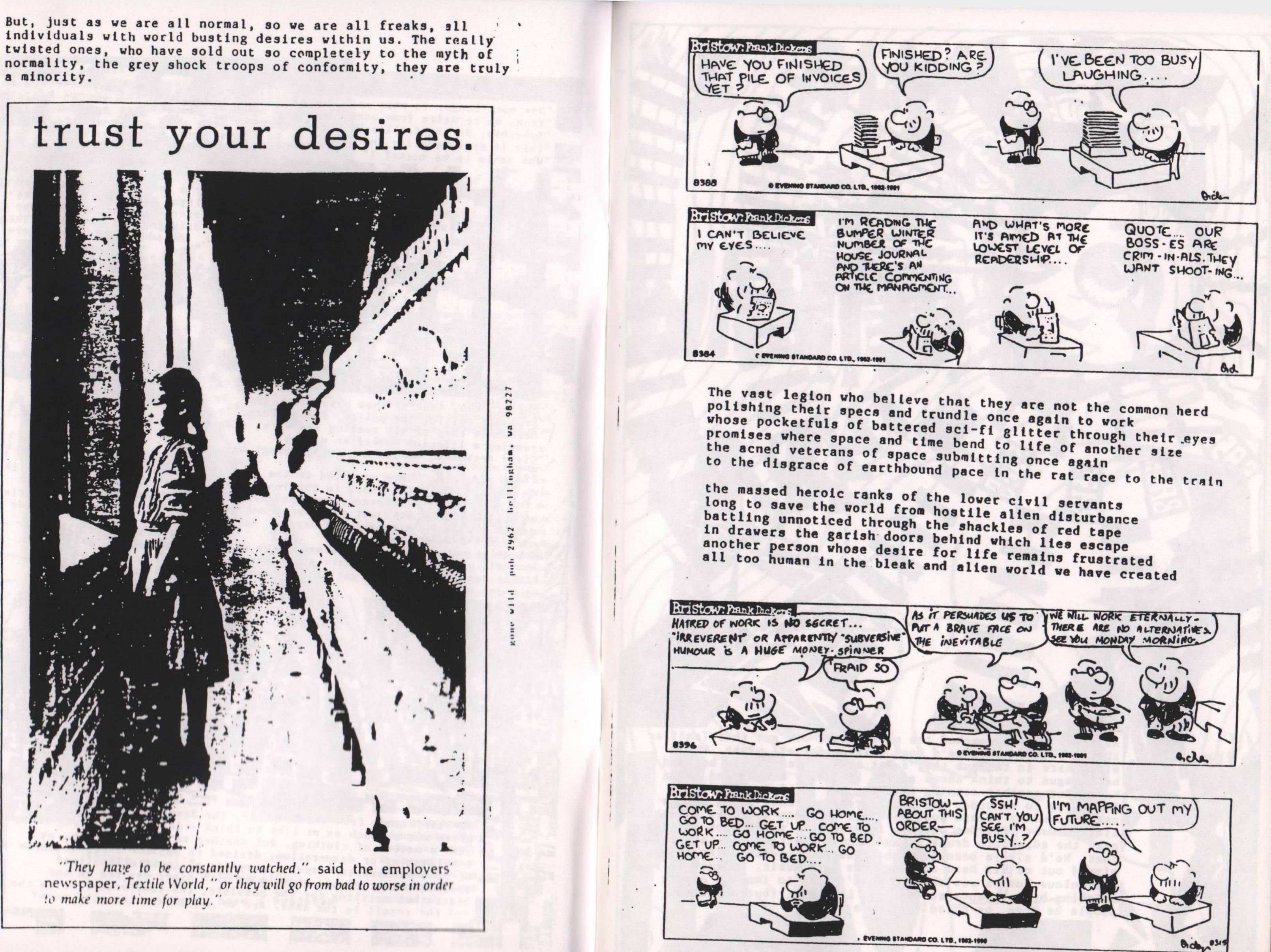
"Curist, man, look at them nosy bastards." "Probably calling the police, freak alert." "Meanwhile they're all beating the wife, shagging the kids or? spending a lifetime hooked on valium." Civil servants, middle managers, normal bastards.

THE TRACE Y for years in the inner city homelands. Secure in their . straight and narrow. Outlaws. / HANNIN But we're not. Not really. In many ways we are all of us "normal" - work to live, worry about things, search for a little security. Finally got ourselves our own social group and we think we're it.



They revelled in the attention, hadn't had an effect like this I difference, wrapped around the warm knowledge of experience. Not just outsiders, not excluded, but willingly outside the

a minority.



As they finally reached the party house Jim got that familiar thrill of adrenalin he'd been waiting for all night. The atmosphere in the pub they'd met at had been really bad and he'd begun to think about giving the party a miss and going home. But another evening watching tv, getting stoned, listening to records, was too depressing. Now, going up the path, pounding system oozing out of the open door, he got that little rush. Time for excess, for that bit more drink to jump over the edge into drunk. Stand around chatting and tapping his foot. He'd always been too embarrassed to boogie unless he was pissed out of his head or there was live music. He knew it was ridiculous but he was shy and didn't like to imagine people watching his attempts at dancing. Like most (but not all) people he knew, he hated to look a fool.

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and a strand the



AS A BOY I ALWAYS WANTED TO BE THE TOUGH NEED-NO-ONE MEAN NOTHERFUCKER OF THE WAR FILMS. THE "SLUGHY" BITS WERE FOR ME THE LOVE NO-INTEREST IT WAS THE GRITTY COURAGE OF KILLING THE BAD GUYS, THAT AND THE ELEMENT OF MARTYRDOM. IN GAMES WITH MY BROTHER I WAS ALWAYS SHOT, IN THE LEG OR SHOULDER BUT MANAGED TO CARRY ON KILLING DESPITE) THE PAIN. ACTION MAN (G.I. JOE) WAS FAR AND AWAY MY FAVOURITE TOY, ESPECIALY AS I HAD ALREADY REALISED THAT I WAS NOT QUITE THE PHYSICAL PONERHOUSE I HAD SOMEHOW EXPECTED MYSELF TO BE. OTHER BOYS COULD ALMOST ALWAYS BEAT ME TO FUCK, IN FIGHTS, FOOTBALL, ANY THING. MY HEROISM BECAME EVEN MORE OF A FANTASY FOR GAMES WITH TOOLS (ACTION MAN, TOY SOLDIERS) OTHER THAN MY UNRELIABLE BODY.

THE STORY SO FAR... our hero was patiently explaining that although a worse looker, dresser, dancer and conversationalist than the School Hunk, he was nevertheless her ideal hero. Our heroine had given up explaining that she was uninterested in either asshole, didn't need a hero and could they please leave her alone).

> As a pubescent boy the individualist or leader of (only) men suddenly gained a new purpose. Heroism was to attract and protect girls, women. My daydreams were of proving my worth no longer to myself or admiring authority figures but to girls. In daydreams all my inadequacies were insignificant as I single handedly rescued the astonished objects of my desire from dangerous situations, preferably involving more socially successful boys revealed in their true evil.

> But still, physically, I was definitely a loser. Never made any sports teams, last to be picked even by my friends. I knew I was crap. I still enjoyed football but I was forced to apologise for mistakes, make a joke of my inept attempts. And I hated it if girls were watching.

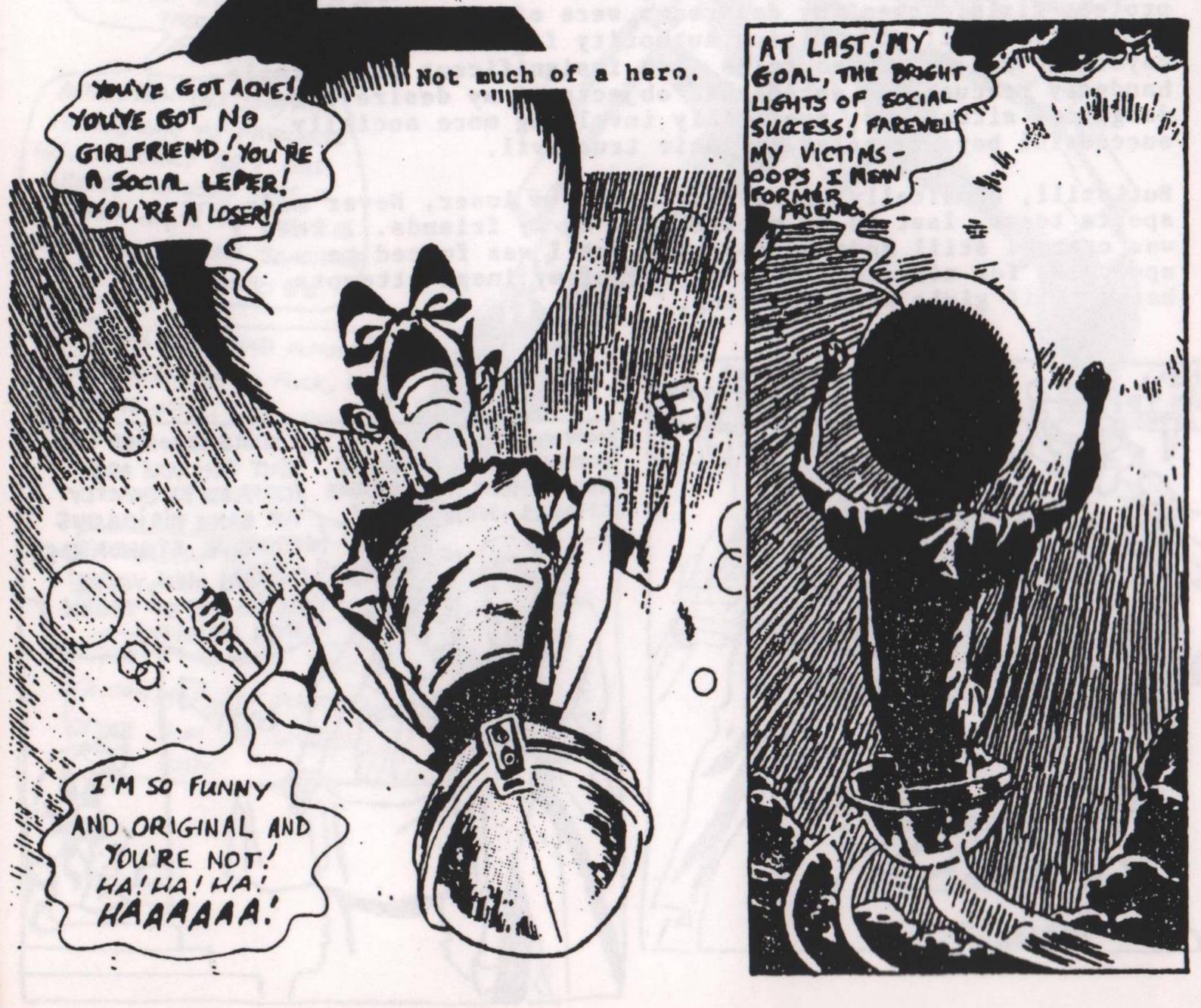




It began earlier than adolescence but really bloomed with that classic time of social and emotional insecurity. Realising the impossibility of being a physical hero - sports star, hard man, super hunk - I went instead for a sort of mental heroism. Not by getting good grades - definitely un-cred - but by taking the. piss out of everyone who let me ( by not beating the shit out of me). Sarcasm, cynicism and a mockery that got nastier as it got sharper.

I think it actually worked in a way. I got some respect for being funny, at least from people who didn't get the treatment, even if I was despised for being a smartass. It can't have been much fun to have your weaknesses and mistakes exposed. But as long as I could direct the attention to other peoples supposed shortcomings maybe people would think I was talking from a position of strength.

There were others who adopted the same strategy, competition existed here as everywhere else in the male world. But generally sarky bastards picked onothers rather than on each other.



It got pretty nasty.



SKATE PUNX

(TRADITIONALISTS)

I moved into the wonderful world of Punk. As well as an instinctive love of the passion and energy of the music I think I also recognised myself in the misfits who made up the punk social scene. And it offered simultaneously an opting out from the mainstream competition - fashion, the disco, the pub hard man - where I knew I could only lose, and an opportunity to stand out from the crowd by being different.

Being different, standing out, one of the key ingredients in being a hero. Punk was the perfect opportunity.

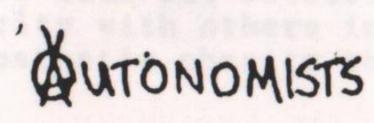
I think from the beginning, even as I felt the sanctuary from competition that punk definitely was, I could feel the undercurrents of new competition, new credibility to fight for. To look as outrageous as possible, to take the risks that went with steps into non-conformity.

I dyed my hair, I pierced my ears, I moved into my first squat. I took these steps to symbolise my heartfelt rejection of normal society, and for fun. But I also did it to gain punk points on the cred register.

My sporadic contacts with women all through these years were by now beginning to affect my hero complex. Women seemed to be much more realistic, down to earth about what I was supposed to be, what I could be. They didn't seem too disappointed as I failed to live up to heroic standards (I'm not talking about sex here, the male idea of sexual prowess I always found a terrifying and off-putting idea). They seemed to expert me to be the normal fallible human being that inevitably I've always been.

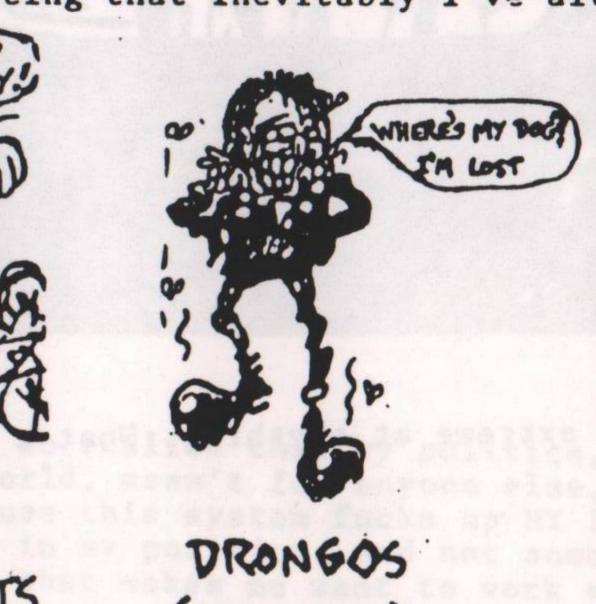


HARD CORES (NEW GENERATION)





## PUNX HARDCORES



(GRUNGIES)





GODDAM HIPPIES (fucking patchouli!) Extreme. Hero.

I couldn't be "as punk" as some people. I just couldn't do it. Was I scared ? Partly. I didn't burn my bridges for return to the mainstream. It hadn't rejected me quite as much as it should have for credibility reasons, and I wasn't sure I didn't want to remain a marginal rather than a total outsider. I longed to be a hero outlaw but somehow the way it looked inreality wasn't completely convincing, and no one was pushing me out...

Like drug use. There is a certain glamour even in the selfdestructive extreme, a courage in the gamble of living closer to the edge than the next person. But while I've always enjoyed drugs I've never buried myself in the drug culture completely. Junkies are not a glamourous advert in the flesh. And after a while drugs, continually and to the exclusion of everything else, just get boring.



I couldn't be extreme at anything. What a dabbler, what a failure.

The idea of heroism also affected my getting into politics. Firstly as the idea of doing it all for other people, selflessly, for SOMEONE ELSE. There is a strong element of the martyr in lefty activism ( motivated partly by the guilt of the white middle class participants). Attend boring demos/meetings, maybe even get nicked, all for someone else (preferably someone who is made undemanding by distance, rather than the cantankerous undeserving poor of nearby). So virtuous.

There is also a strong element of this in the classic Leninist idea that the Party must act as some sort of political messiah for the incapable and abstract masses. We're doing it all for you because we know best so be grateful, shut up and stop trying to tell us that you want something else. Here Leninism is as much the product of an arrogant bourgeoisie as is the liberal Labour Party, we're hurting ourselves for you so stop telling us we're hurting you.

It took me a long time to realise that my politics, my real desire to change the world, wasn't for anyone else, or for any ebstract idea but because this system fucks up MY life. It is solidarity with others in my position, and not some variation of sympathetic charity that makes me want to work with others.





I was a card carrying commie at school. Then I discovered ANARCHY !! Not only was it definitely better than the organised boredom of the Party but it also had the emotional appeal of the extreme. Animal rights, fuck this wimp veggie shite - I became a vegan.



but I ain't a veggie anymore and neither are my mates there's nothing like a good kebab when you want to stuff your face it wasn't just a fashion whatever you have heard I can't remember why we freely chose to run with the punky herd politicos still sell me papers imagine their surprise when I can still blurt out HESITATE IMITATE ORDER FRIES !!

and now I'm burgered if I don't eat all Macdonalds sells the vegans cannot hassle me they're all sitting in jail cells but life can still get boring tell you what I think what say we all go Straight Edge ? well, after the next drink and sometimes in my guilty dreams I still philosophize about my flirt with politics and : HESITATE IMITATE ORDER FRIES !!

I'm well into animals free chickens by the packet "liberate the furry ones" written on my leather jacket but it's so hard to remember got a lot else on my mind walked right into Macdonalds god, I must be bloody blind so I strolled up to the counter but a burger caught my eye and I said : HESITATE IMITATE ORDER FRIES !!

went to a vegan meeting (it's them that I was quoting) they were all so bloody serious my DM's had rights on voting they asked me if I still ate meat something animal in their eyes and feeling rather sheepish I told 'em porky pies and I must admit I dozed off so bored I closed my eyes but while I slept I'm sure I heard HESITATE IMITATE ORDER FRIES !!



But again, I couldn't become a movement hero, a movement martyr. The really risky stuff that landed people in nick was another league. All those urban guerilla dreams...



So I tried for theoretical whizzkid, read all I could, analysed, prepared my theses for their world shattering publication. But not only was I not very good at it but it wasn't very satisfying. It was dry, empty of enjoyment.

No hero...not hard enough/knowledgeable enough/radical enough/reckless enough/extreme enough.

The obvious truth is that heroism sucks. What a fool I've been to fall for it again and again! Gosh!!

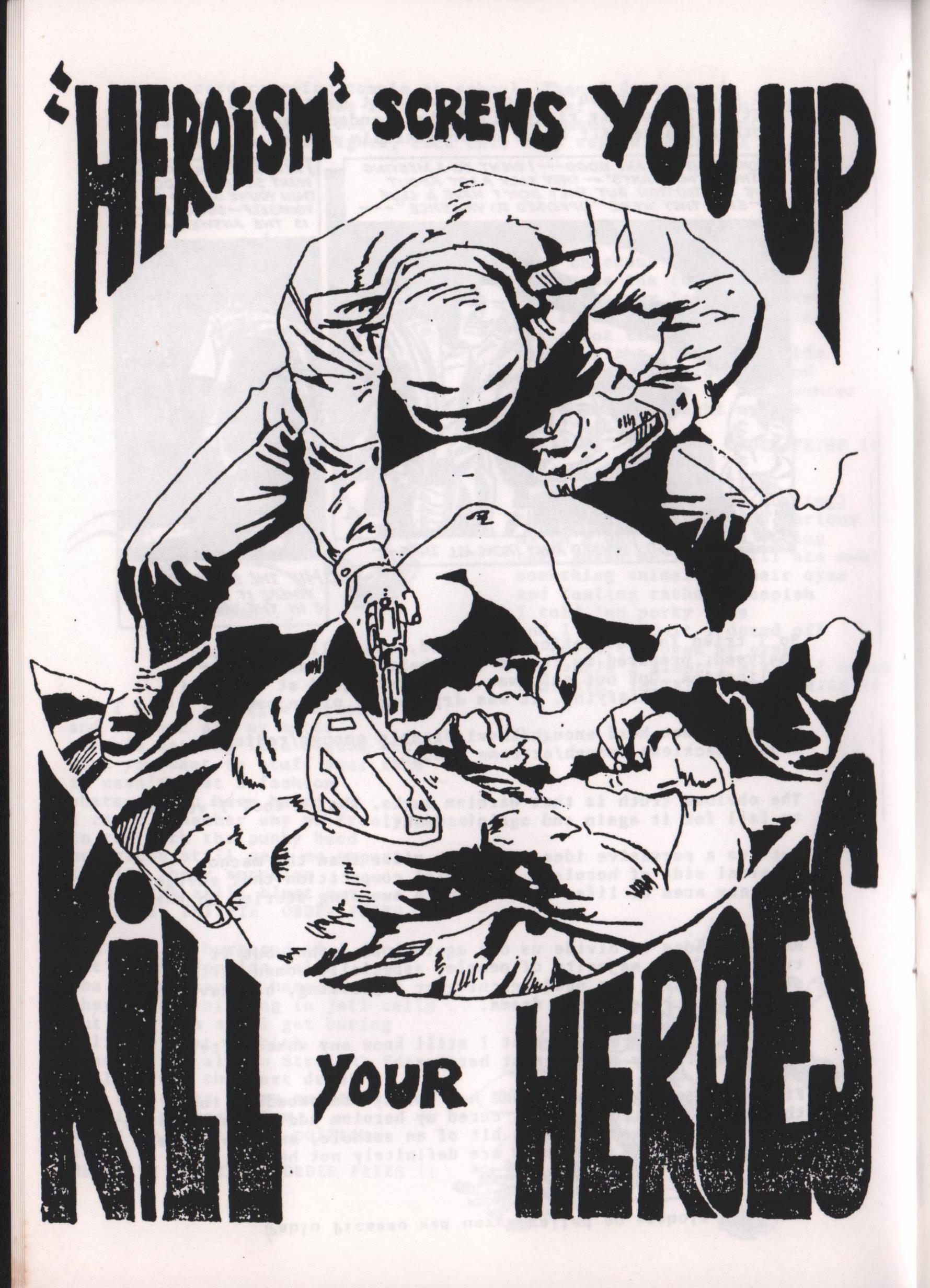
But its a pervasive idea, its much wider than the macho physical side of heroism. Its social competition that emerges in every area of life, right down to swapping stories in the pub.

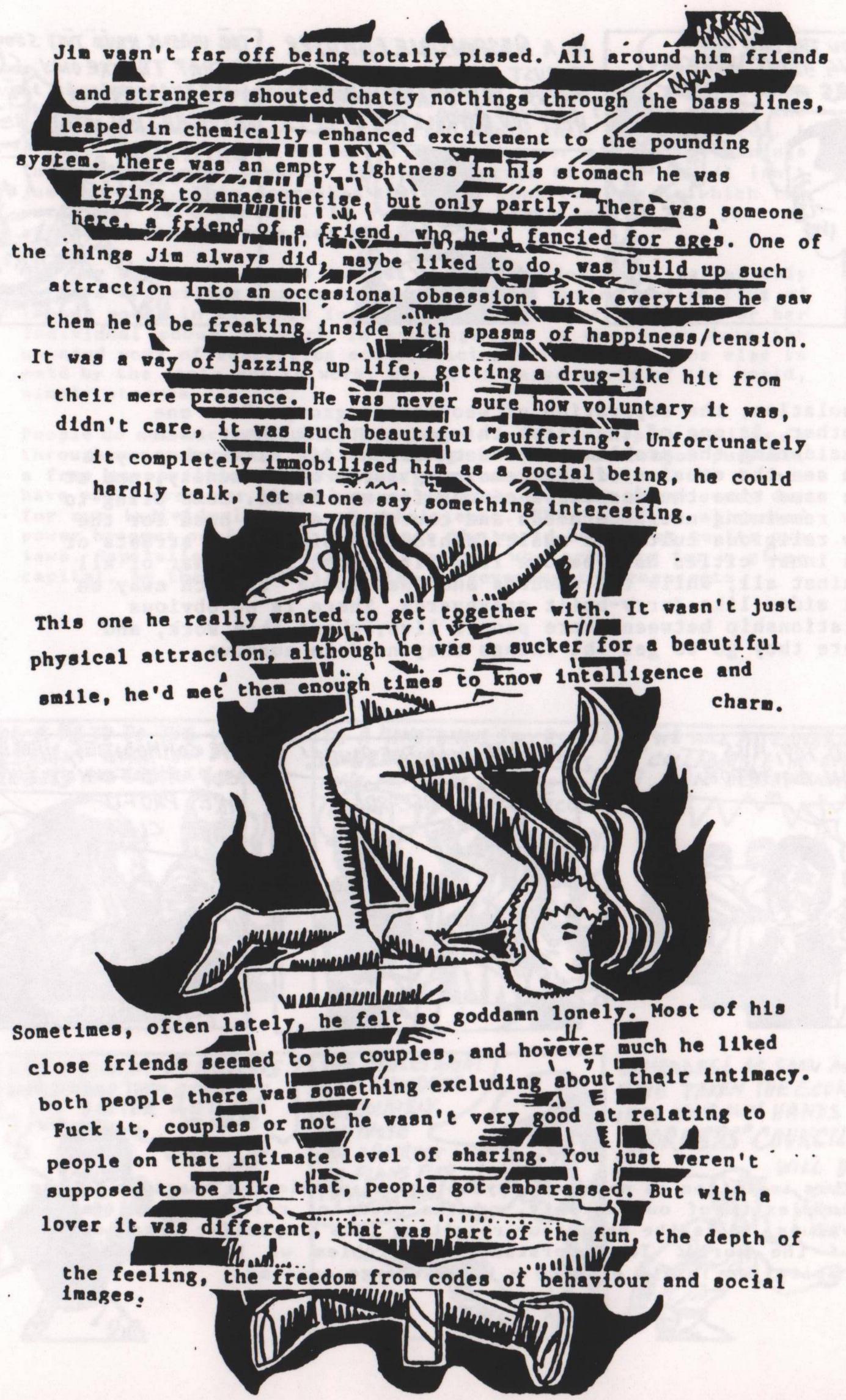
Not only does it divide us one against the other but it also turns the vast majority of people, especially women, into passive objects who need rescuing or impressing, but have no independent role in the drama.

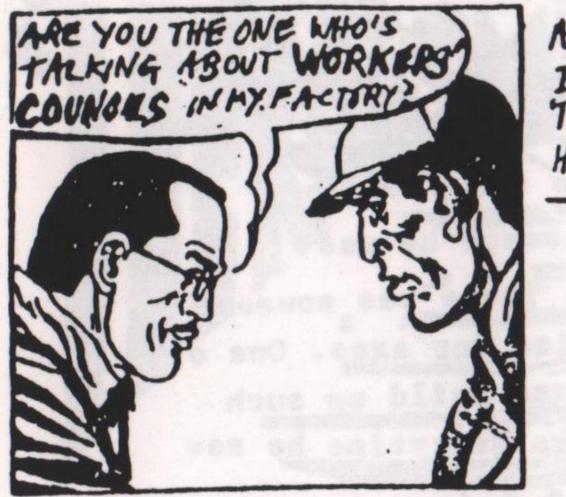
Frankly, its incredible that I still know any women after a lifetime of poxy attempts at heroics.

Finally thinking about it and how deeply its embedded in my thoughts and actions hasn't cured my heroism addiction, but its beginning to make me feel a bit of an asshole, and that does affect me. I mean, assholes are definitely not heroic.

(Pablo Picasso was never called an asshole.)







AS A RESPONSIBLE EMPLOYER I MUST REMIND YOU THAT THERE ARE TRADE UNIONS TO HELP YOU EXPRESS YOUR DEMANDS



Isolation, the separation of people and groups from one another, is one of the first things you think about when considering the problems of modern urban life. Everywhere you can see the erosion of the remaining forms of community, and at the same time the desperate search for new forms: Some cling to any remaining neighbourhoods and churches, others head for the new religious cults and music/fashion groupings. The streets of the inner cities have become free fire zones in the war of all against all, while the suburbs and "New Towns" stretch away on all sides like jerry-built graveyards. There is no obvious relationship between where people live, where they work, and where they go to get the things they need to survive.





This isolation is not some psychological problem, a reaction to the complexity of our society, or the decay of religious and family values. It is the behaviour resulting from a specific organisation of the world. To understand the problem we have to look at. capitalism in its essence - the exchange economy.



At the heart of the problem is the idea of alienation. This is when things become separated and alien, even hostile to each other, the splitting of what should be a unified whole into warring pieces. I repeat, this is NOT a matter of psychology or attitudes - things "appearing" to be separate from and hostile to you - and it isn't just an idea. This describes the real, concrete way in which the world way is organised. If you like alienation is not just an attitude, its the only way of life.

The way capitalism works is that the vast majority of us can only survive by selling our power to work - the buying and selling of labour power in exchange for a wage. Each worker sells his or her individual power to work in exchange for a wage, or does the unwaged work of supporting and producing more workers, or else is paid by the state not to work, or, as in large parts of the world, simply starves.

People do not have community because our relationship to society is through money exchange and not through a conscious common purpose, a free co-operation in producing what we need to live. We do not have power over our lives because we exchange this power every day for our individual means of subsistence. This sold or alienated power becomes capital, which shapes the world according to its own laws. Capitalists are simply the people who organise for a given capital, be they corporate elites or government bureaucrats.





In this way we are alienated from our own creative powers, nature merely resources to be consumed, however "sustainably" - and from other people. Since we relate to each other only through commoditymoney-exchange it is no wonder that we treat each other AS commodities. We treat the world, each other and even ourselves, like shit.

bower to why is exchange. The a while a way of seven

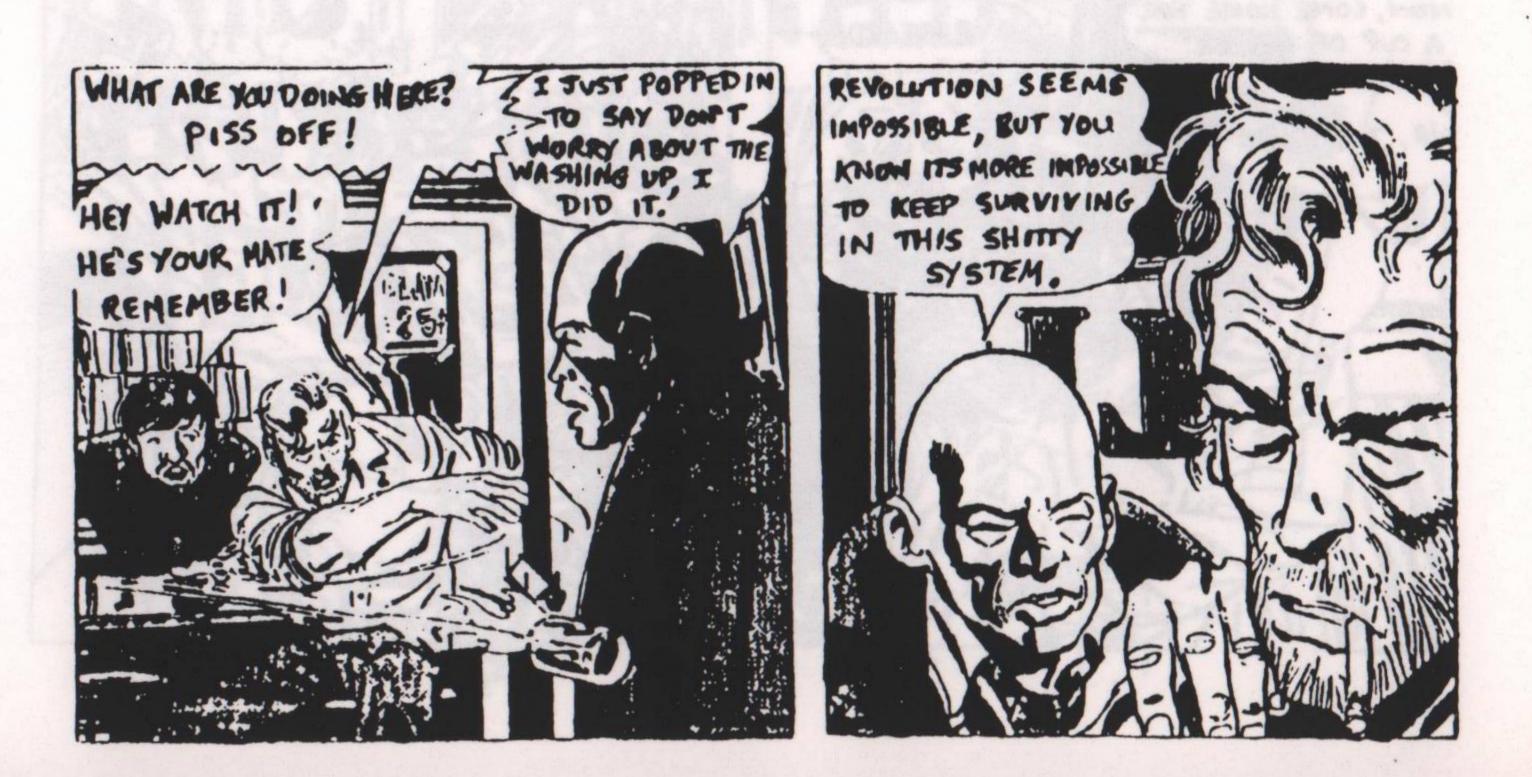








Everyone knows that isolation and our fear of each other is the root of our problems, but pissy little reforms or attempts to create "neighbourhoods" or "communities" will always fail while our relationship to each other is still through the exchange of our lives for the money we need to survive, and while what is produced in this sold time builds a world alien to our desires. Likewise the Party approach of a "workers state" is inherently incapable of getting rid of our alienation from our own lives, each other and our world. Swapping bosses for one with a red star and a love of rhetoric, even including workers participation so we can exploit ourselves democratically. This is all bullshit. We'll never relate to each other in a new way, achieve a real community, until we destroy the wage-exchange system, together.







Faced with the difficulties of relating to each other many retreat into the couple, pathetically settling for an unhappy minimum of human contact. Some retreat into a relationship with an abstract God, a non-existent but dreamlike and pliable substitute for people. Or there are books and videos and tv to keep us geographically and socially divided. There are prostitutes and escort agencies for the desperately lonely. There are animals for those who have given up on humans, or even children to fuss over, control and abuse.





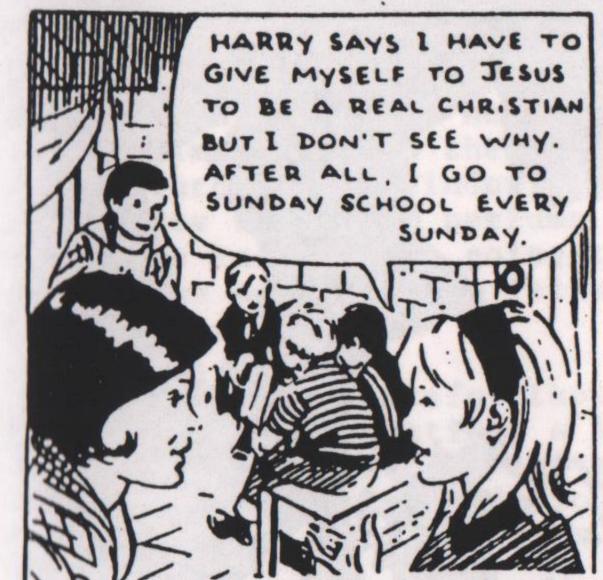
YOUR CASH INTO UNWANTED

No wonder that the religious heirarchies of old and the mysticism of the moment have more suckers than ever lining up to give away their autonomy. Who hasn't felt the seduction of certainty, the willingness to end our personal inadequacies and heavy responsibilities by picking up a rule book on life.

It can even be seen that one of the ingredients offered by religious and political groupings is some twisted form of community, from a casual social grouping through to the total immersion of the religious commune. Relating to each other in a completely different way to everyday relations. The happiness of the convert is not all due to 'brainwashing' (techniques of persuasion all too easily used on willing subjects).

But the community is a community of slaves, of automatons, sharing primarily a subjection to the authority of a religious or political heirarchy and/or to an abstraction such as God or Marxist truth. As we put ourselves into willing ranks we lose precisely those qualities that make us interesting individuals, functioning humans worth interacting with.

SUPDAY 8 A.M.

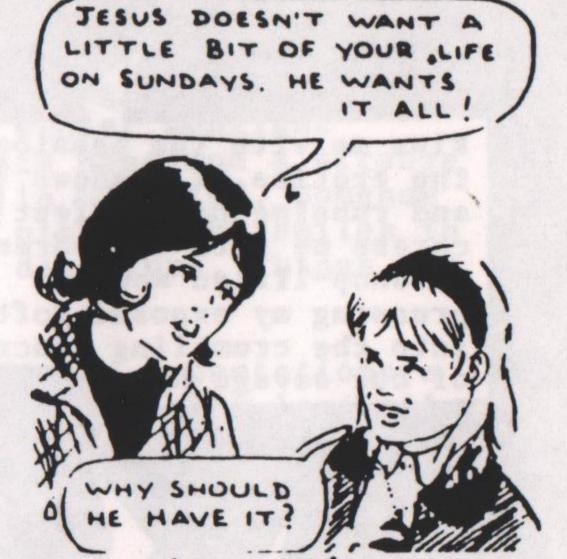


Having reduced existence to a double time march towards death, Capital has created the possibility of turning fat profits on the desire to die which results from the impossibility of real communal life. This desire appears as the urge to dissolve the flickering candle of the self into the great white light of mystical unity. For some this obliterating haze is provided by heroin, for others by the cooing and ranting of priests, gurus and swamis. But in both cases the effect is the same - the suppression of, subjectivity as the last act of the subject..... Mysticism, like fascism, finds its perfect slogan in the cry of 'Long Live Death !'"



Isolated from and afraid of each other, searching for something more worthy of our passion than consumer objects it is no wonder that so many millions are tempted to trade in a meaningless confusion for a slavish certainty.





H-







Jim sat in the armchair, curled around a cup of tea. Alone but still whizzing to the excellence, giving answering grins in the morning to his housemates in their piss-taking happiness for him. Alone in the afternoon house, bleak winter sunlight through the window, steam wiring around his head and a strange new wonderful perfume on his clothes and in his mind. Somehow he knew it was going to be more than one night - the smiles in the morning, the leisurely breakfast and departure. Things are good.

Got to be careful though, take it easy, dampen expectations a bit. But sometimes a lover can open you up to really love all of your friends, and more, to really share life. At best its because it reminds you how to love, how to be open, and that life is good when its shared.

At its worst its because its a one-sided emotional and sexual support service. Jim had seen it a few times, "really nice blokes" who treated their partners like total shit. Almost all men seemed to lean heavily on their female partners, even the "right on" ones, mostly not even realising how they did it. He knew he did it himself. Gotta keep an eye on yourself. "Love don't come easy" and all that. Even when it all feels so natural, maybe its because the other partner is making all the compromises, unnoticed. At that point the relationship has become an unpaid job for one person."

explosions only streets away the helicopters bass beat shuffle and the harsh megaphones of panic here in the electricity of your grasping hands i am finally in synch

This has got to be two real people, not some bullshit "romance" but love, not some "normal" unnoticed exploitation of emotional support but mutual enjoyment as a base to bigger and better things.

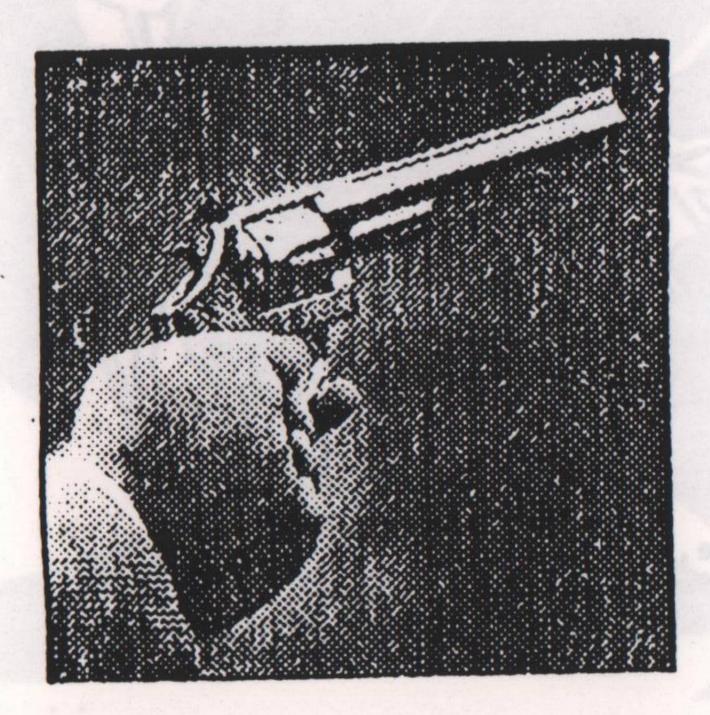


Romance is offered to us as the only possible community, a possession of each other and an emotional support to each other for survival in the harsh modern world. The only successful relationship between people that is not considered in terms of a deal is that between two people, maximum. Such a relationship is exclusive, dividing the two involved from everyone else, and must be jealously guarded from involving any others.

### 

they live in pairs one free the other not so easy one as tight, sharp eyed as the other's unconcerned talk of space is space to chase the city is a deadly place danger in every pretty face watch carefully each move thats made with hard and polished eyes of jade know too well how the game is played the last moon for whom the dog pack bayed the end each trick has just delayed

these sons of bitches sniff out abandoned Possibility with cruel and calm predictabilit with out the complex doggy chance play out thwart the others of carefully thwart isl stance idopting territorial stance careiully inwari ine oiners chan adopting territorial stance adopting hid in gring of none anaris hid in their arrogance snaria nid in grins of nonchalance assuming in their arrogance romance that offered friendship lglance that offer in each casual glass) and (seen often in the and just for them and just for them





they run alone no wish to be dragged down to warmth and stormy safety the scars of past experiments and snarls of hard experience but oh, the beauty of the chase and among the hunters grins a face the closest strokes and tears your back the leader of an unmarked pack who runs with casual confidence assuming victory gives offence but dances past your best defence jaws snap to hold the heart beneath blood just drips between the teeth and soft release brings no relief but glory in the pleasure/pain and know that you will run again

there's a maggot in the apple of my eye in every sigh that she utters, when she mutters on the phone, says she wants to be alone, when with a sudden turn of head my tender kiss is made to miss, when she turns away in bed.

Romance is the "privatisation", the limiting and distorting of our desire to relate to each other in a meaningful way, of our desire to find adventures in each other. Romance, a sop of excitement to limit our desires. Romance, channels the desires which could snap Capitals chains, the desires for a real community of people freely interacting, playfully, adventurously. excitingly.



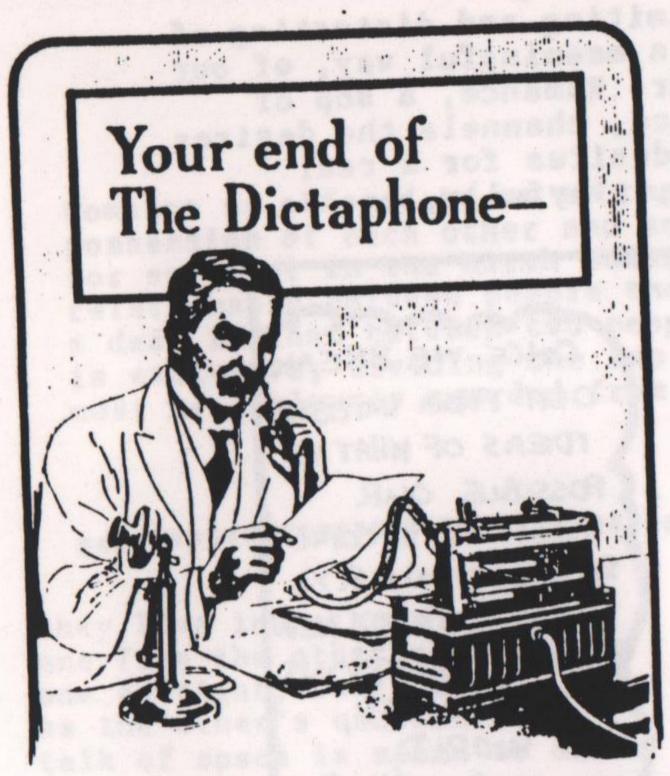
Love is not romance. Nor is it the suffering martyrdom of religious or political masochists. It is the reckless laughter that contains the seeds of community. It is not limited to sexual partners, family or even close friends. It is the joy that recognises ourselves in others and others in ourselves, the recognition that life is not individual but the interaction of people. If we are each others enjoyment how can we not love?

In this glimpsed community is the timebomb that will destroy our alienation from and exploitation of each other. This is the basis of communism (stateless, of course), anarchism, whatever you want to call it. Real human community.



ONCE WE BREAK OUT FROM IMPOSED IDEAS OF WHAT IS POSSIBLE OUR DESIRES BECOME REVOLUTIONARY. ONLY TOTALLY NEW SOCIAL RELATIONS WILL SATISFY. THIS WORLD MUST END!

THE BEST OF LIFE IS ROMANCE" IS THE PEOPLE, IT'S TIME TO END OUR ALIENATION FROM EACH OTHER, TIME FOR REAL DIVIDING THINK COMMUNITY



## A WALK ON THE FILED SIDE

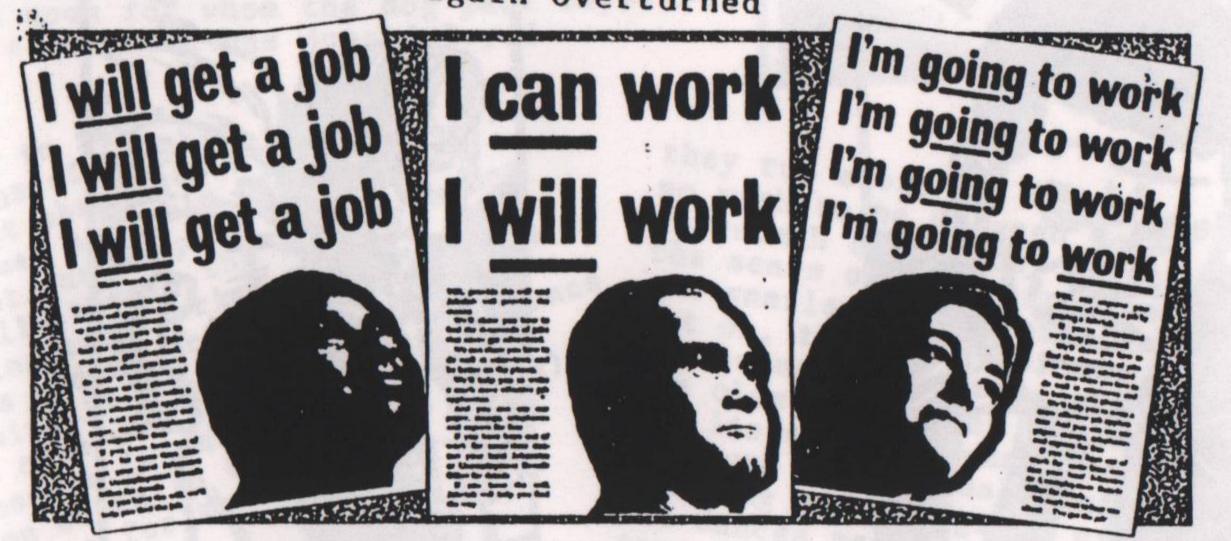
kiss me in triplicate my filing cupboard love you fill my desk top diary you make my bleeper throb will be your coffee machine

I will be your corree machine you are my annual leave all we can snatch are tea-break trysts subtle post-it-note hearts on our subtle post-it-note hearts pin striped

I mark my forget-me-not memos for eyes only of VDU green receiving in glances electric replies baby I'm your fax machine

our meetings are oh so informal unknown to the head of the firm we were minding no business but ours cash too petty to be a concern '

the Union frowns on our solidarity there is nothing fraternal concerned endorsed by congress but undemocratic as wise resolutions are again overturned



alas for our acting was never so good as the new acting head of the dept caught passing files in a passionate style and a note the old cow intercepts

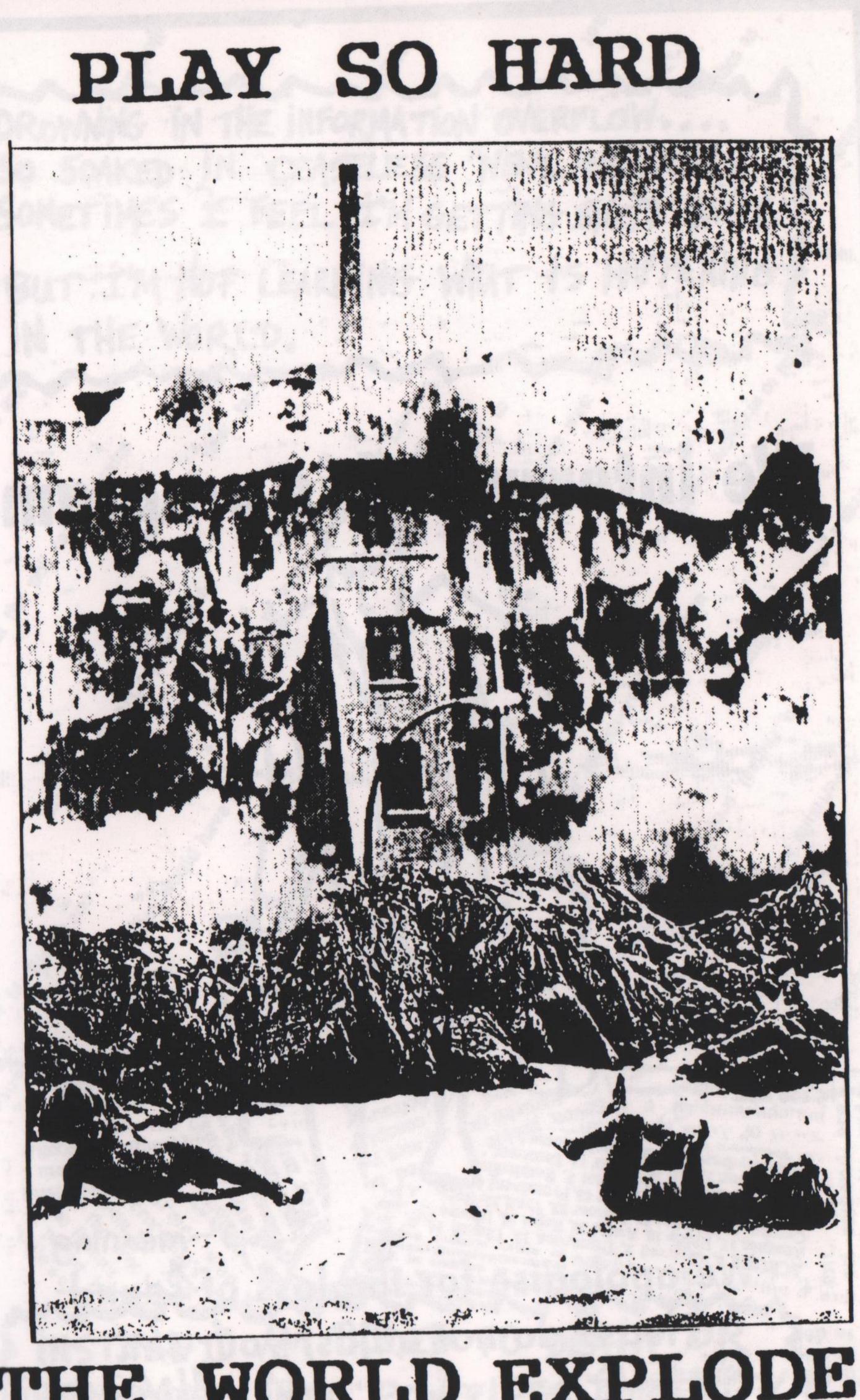
cruel the commuter dating of fate when you entered my train of thought delayed longer at love's sweet junction than the work ethic deemed we ought

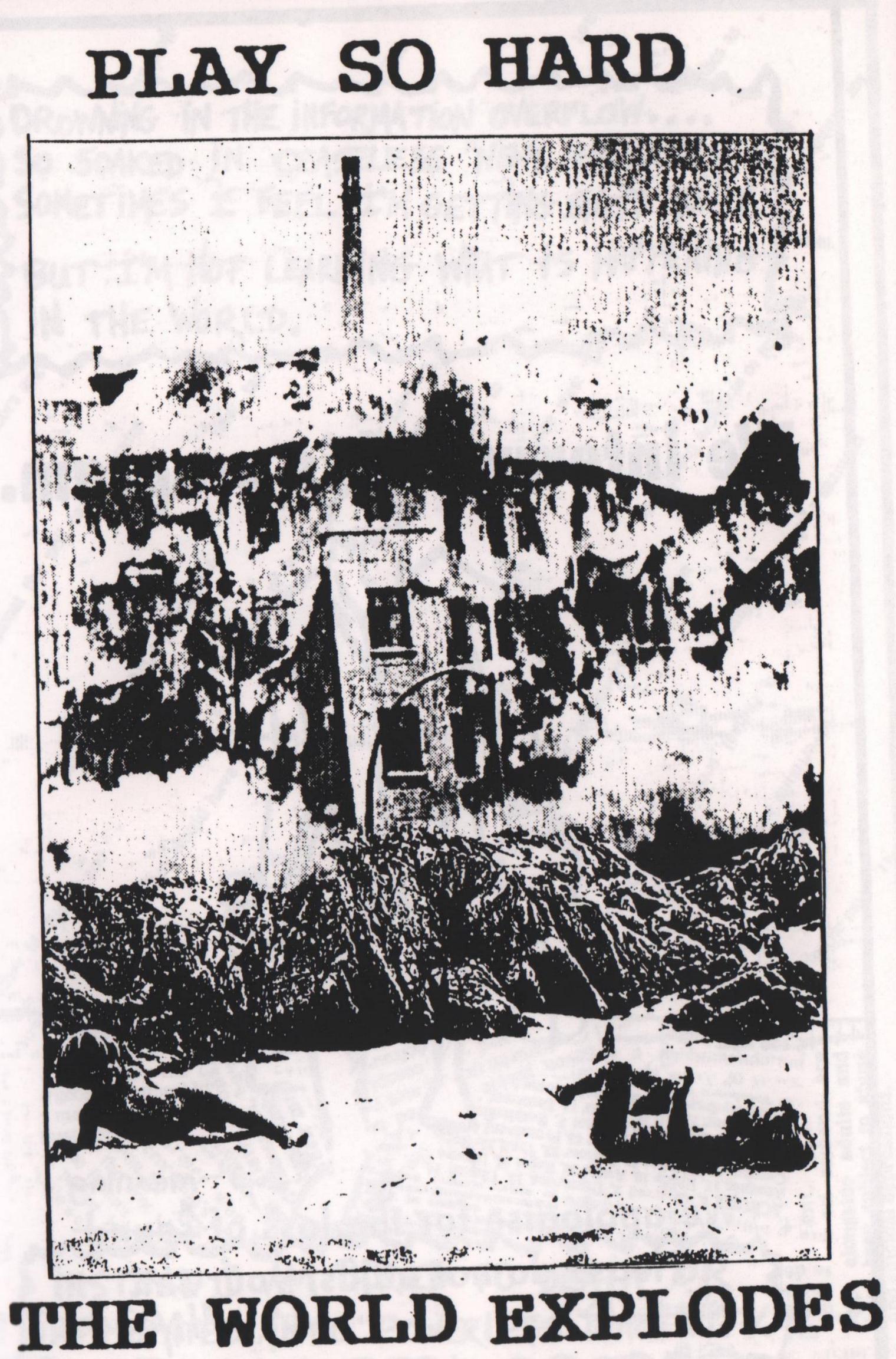
our passion accounted unmanageable our budget is overspent there are invoices raised in anger our cards have already been sent

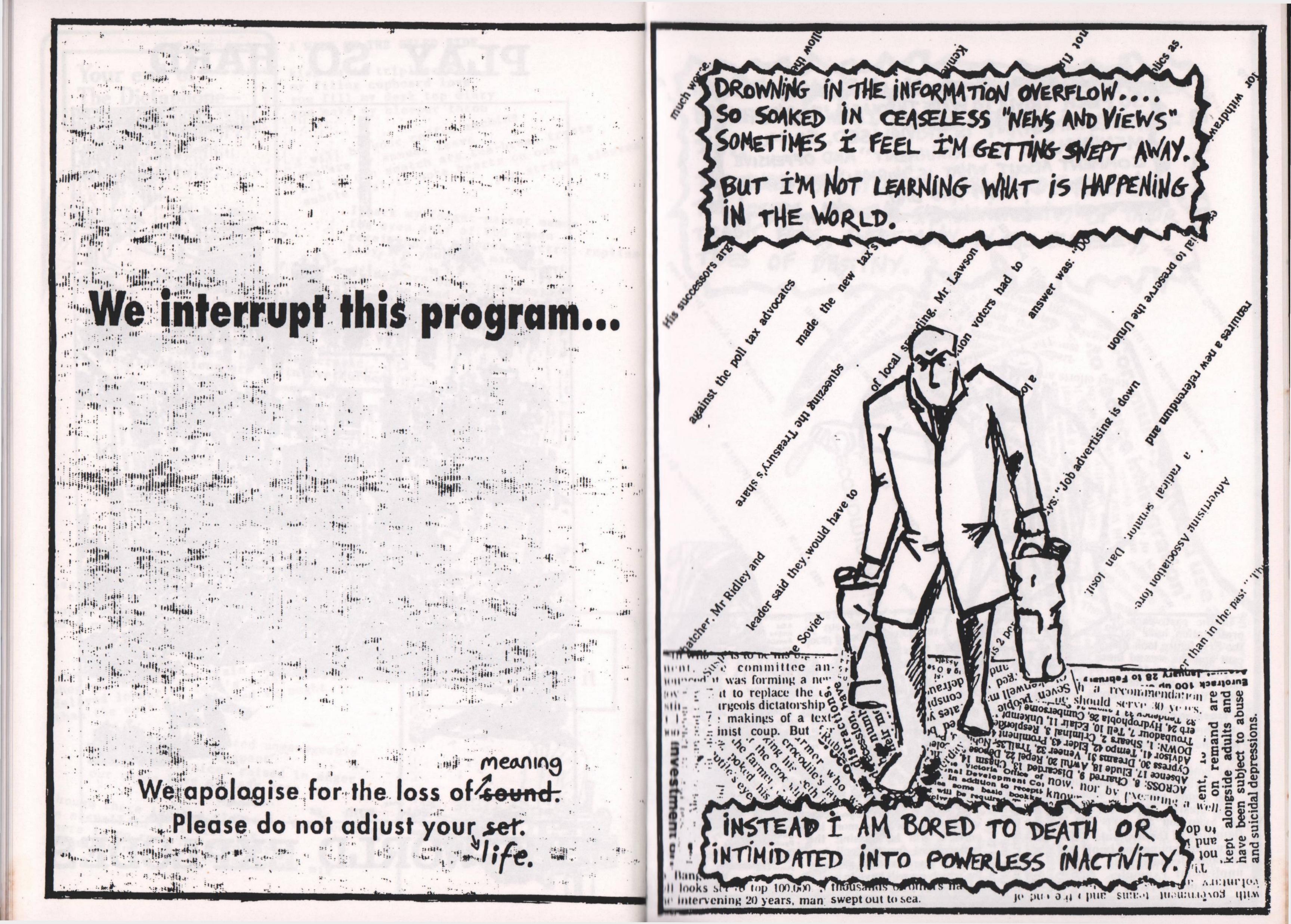
though there isn't a clause in the contract we are all in a similar fix there is no room for negotiation their business our pleasure won't mix



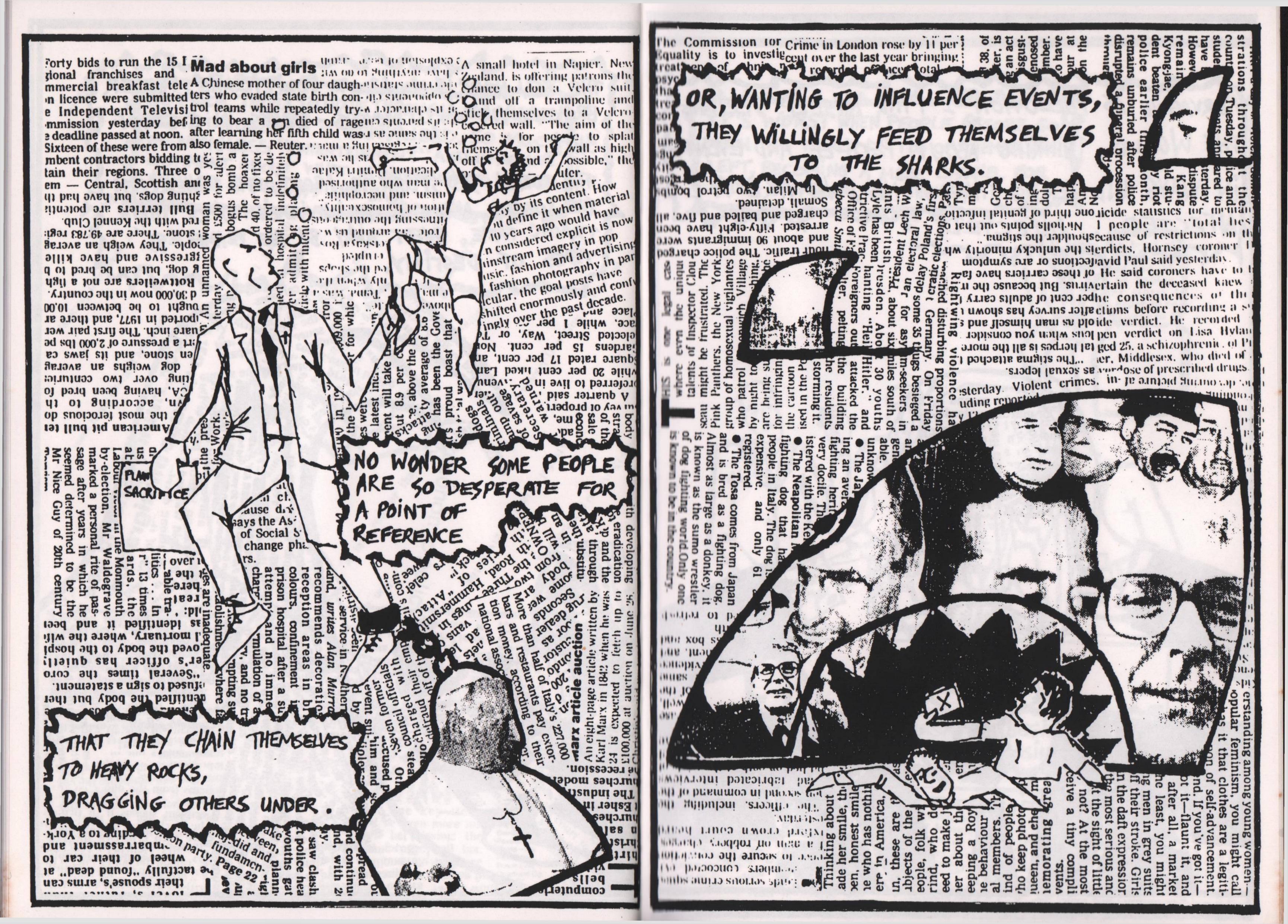


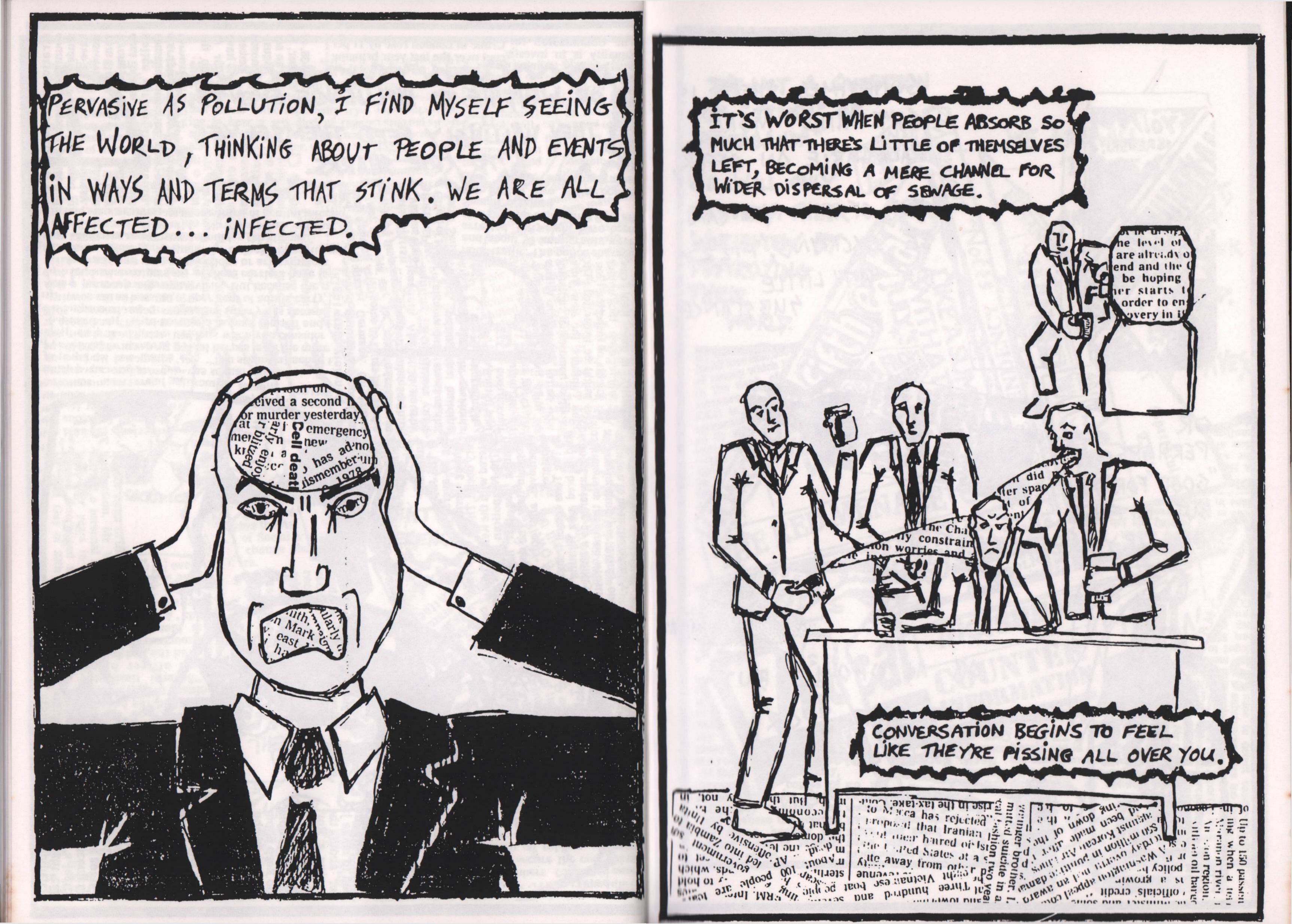


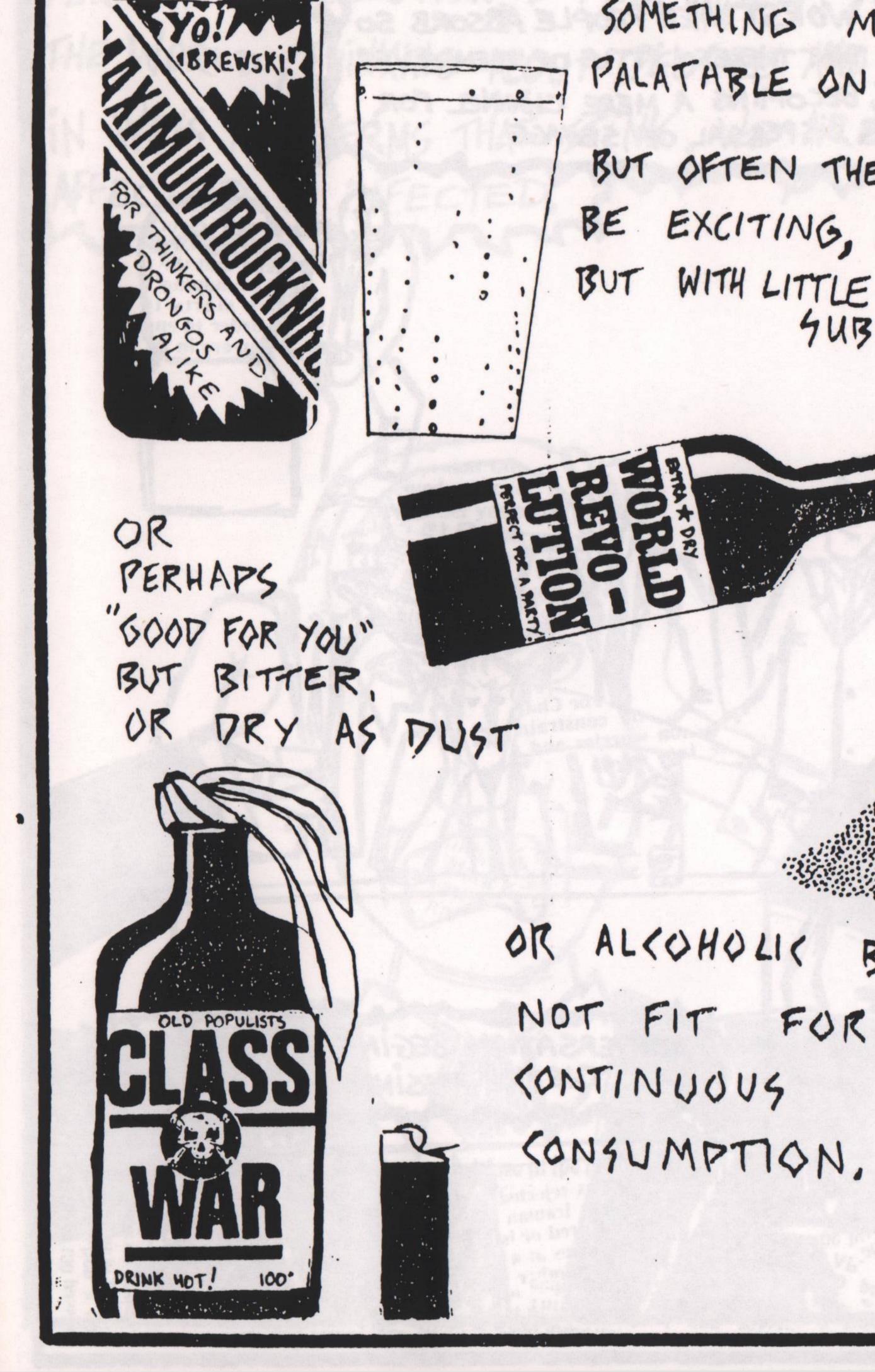




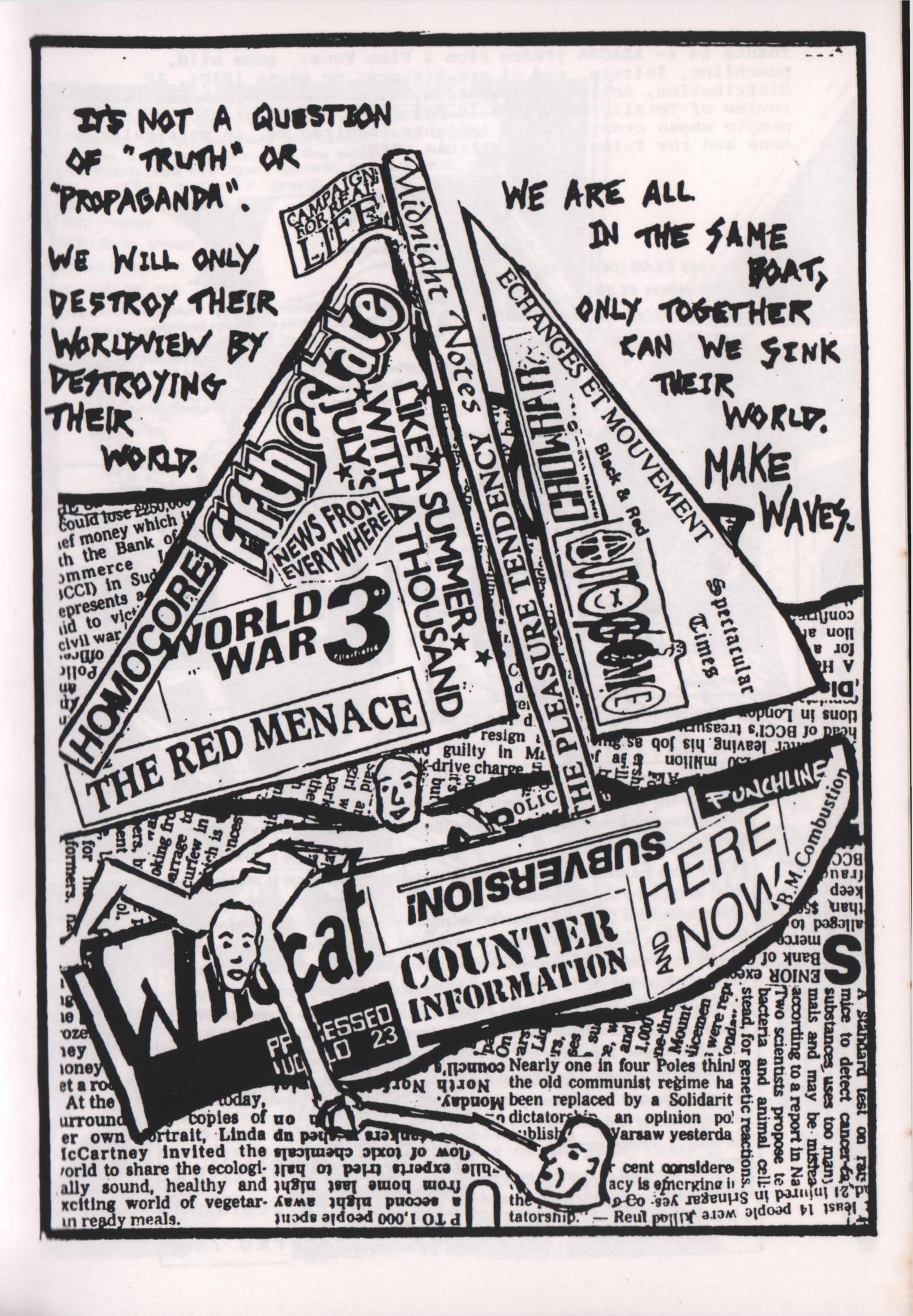








SOMETIMES THERE IS SOMETHING MORE PALATABLE ON OFFER. BUT OFTEN THEY (AN BE EXCITING, FIZZY BUT WITH LITTLE 4UBSTANKE BUT FOR



Thanks to :- AZAGRA (Pedro Pico & Pico Vena), gone wild, punchline, leisure, end of pre-history, dr seuss (RIP), AK distribution, Active distribution, Lance Hahn for the brilliant review of Totally Normal #1 in Max R'n'R, loads of anonymous people whose creations and insights inspired me, in particular Anna and the Tufnell Park Militia (TPM)

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