

Editorial

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Health conscious Canadians

Everyone seems to be conscious of their health these days. It seems someone is always telling you to watch your salt, sugar, and caffeine intake, not to mention- "Watch your cholesterol level. Don't drink too much alcohol, it's fattening," and, "You smoke how many packs of those cancer sticks a day?"

I read somewhere that Americans are among the most overweight people in the world. Can't you remember your mother saying to you, "You're not getting up from that table until you finish everything on your plate!"

The saying is..."Old habits die hard." Whoever said that is obviously some 800-lb. hermit who hasn't been out of the house since Disco days. People nowadays, obviously care about what they eat and what they look like.

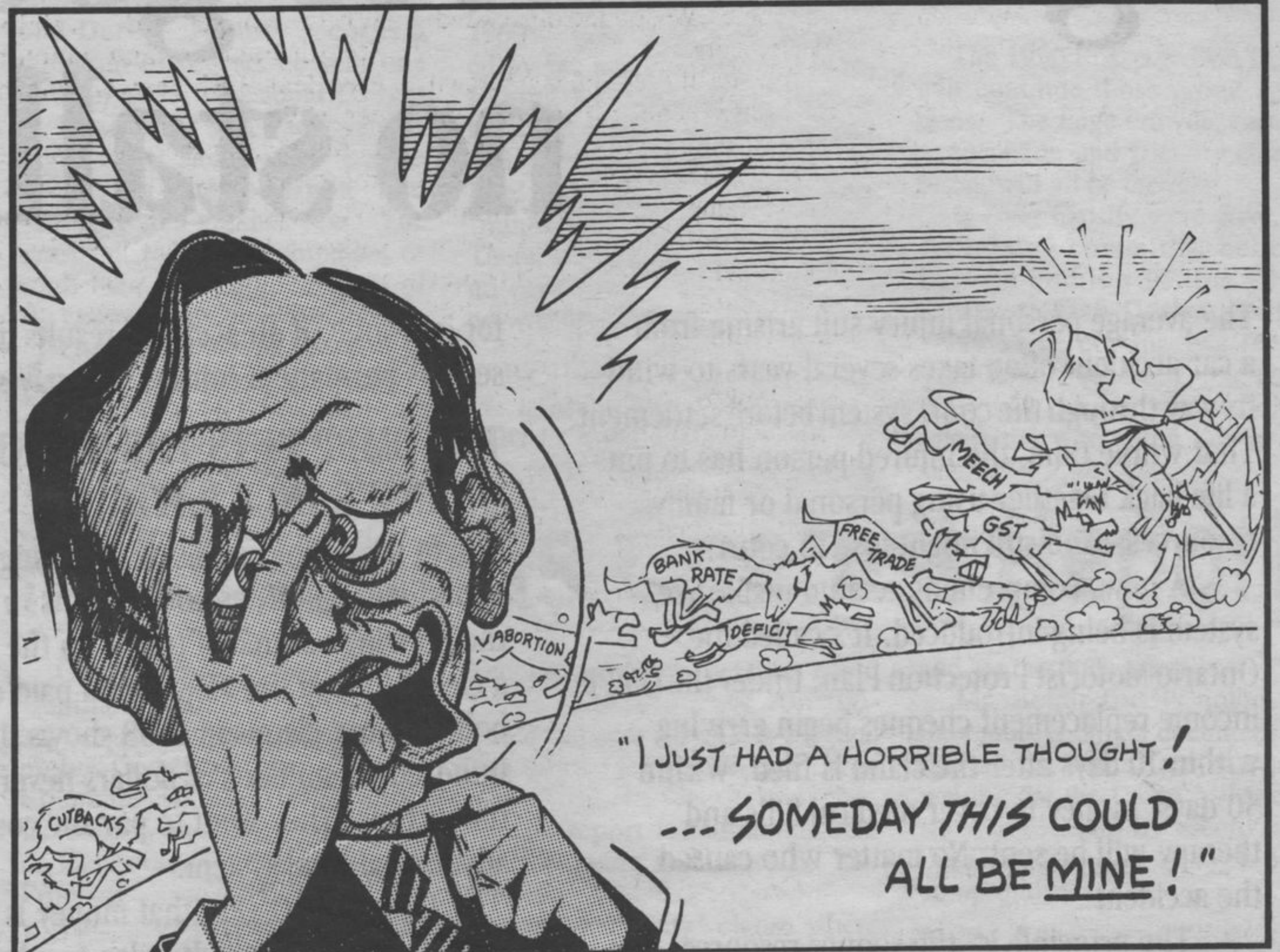
The health craze of the past few years has hit almost everybody. People are eating foods that are healthy and low in fat, cholesterol and calories. There are so many high fibre/protein cereals on the market right now that supermarket needs about six aisles to fit them all.

The commercials and advertising on T.V. and in magazines are encouraging health, fitness and a clean lifestyle. Everywhere you look there's diet coke, diet popsicles, diet pizza, and even light beer. There seem to be running shoes that can do everything but wash windows.

And exercise...A lot of people have jumped on the bandwagon and are now working out, jogging, walking, and doing aerobics. All you have to do is head down to the nearest Rec Centre.

Well, the way things are going now, if people continue to live healthy, we'll live to be about 120 years old- which is great! You'll need all that extra energy for that two and a half mile jog around the supermarket while picking out your favorite cereal.

Angie Saunders



Letter to the Editor

Dear Editor,
I am writing in regard for the need of the Liberal Senate to kill the GST.

The Liberals say they oppose this tax. In reality, they are split on the issue. Two Liberal leadership contenders, Jean Chretien and Paul Martin have not ruled out the GST. Other Liberals say they want a different, but equally unfair flat tax.

I believe actions speak louder than words. The Liberals must be held accountable to their official opposition to the tax. If they have a chance to stop it in the Senate, they should stop it.

New Democrats have led the flight to stop the Goods and Services Tax (GST). We were the only political party to propose any alternatives to the tax system to promote fairness based on

one's ability to pay. Regrettably, the Mulroney Conservatives showed no intention of ever changing this tax. They used every means to prevent our Parliamentary and democratic rights to oppose the GST.

The Conservatives closed off debate in Parliament a record 19 times since the last election. They used closure to limit debate

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The Clown Prince of Politics

My fellow Canucks, it is with heavy heart that I bring this report to you today.

I tried.

I pored with red-rimmed eyes over dusty tomes of Canadian history.

I buttonholed my contacts up on Parliament Hill and down at City Hall.

It's no use. The Americans have aced us once again.

When it comes to political klutzes, Canada just is not in the Big Leagues.

Oh, we've had our inspired amateurs. Pig-farmer-turned-culture-vulture Felix Holtmann...Bob Stanfield fumbling footballs and Joe Clark fumbling elections...

Canada's had MP's consorting with hookers and a PM consulting with crystal balls, but as diverting as Canada's less skillful politicians have been, they are strictly bush league beside America's Clown Prince of Politics.

Canada has never fielded a candidate as breathtaking as J. Danforth Quayle.

If little Danny Quayle had been left to his own devices, chances are he'd be a golf pro at some country club in his home state of Indiana.

That's what he loves to do - play golf.

Unfortunately for the would-be duffer, he possesses a profile that makes him look like Robert Redford, topped with a Kennedyesque shock of wavy hair.

His ambitious wife and a posse of shrewd backroom boys knew an electable face when they saw one.

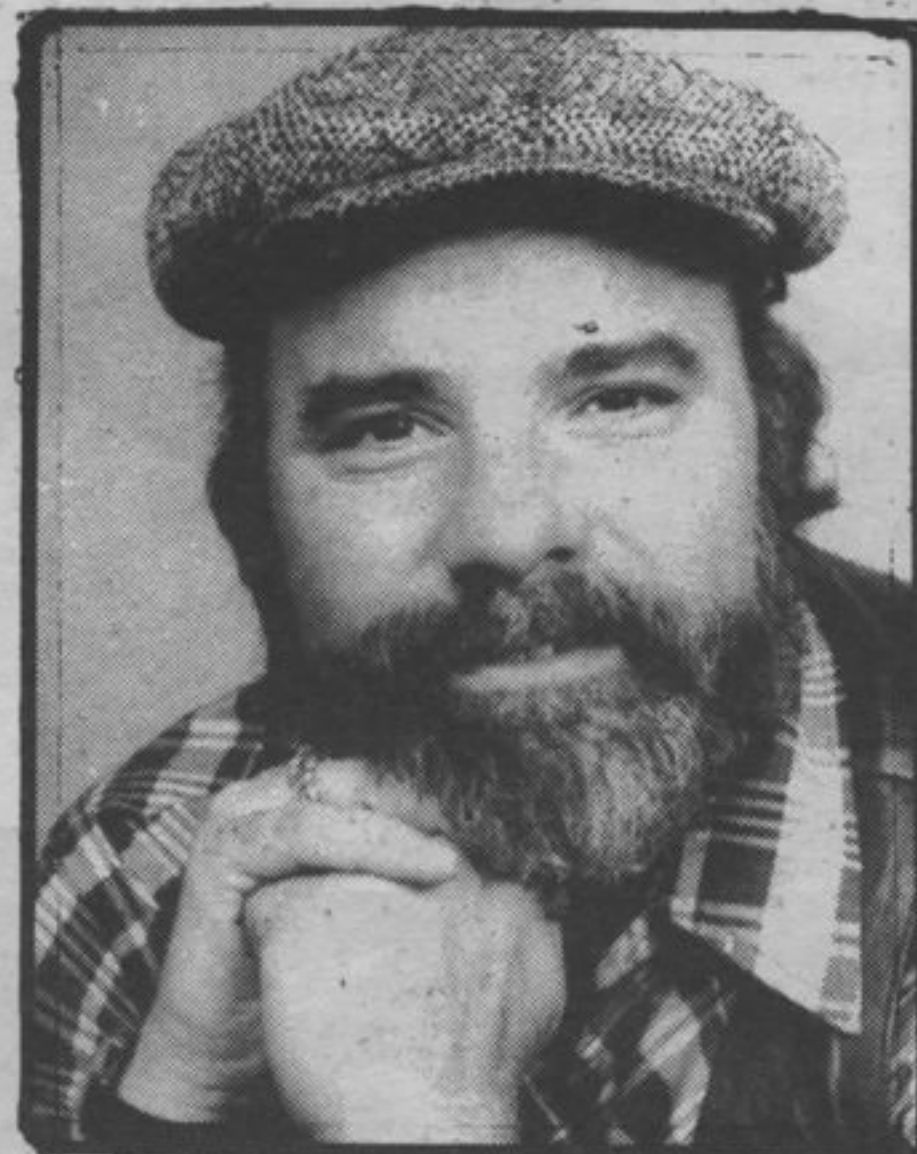
They took the putter from Danny's hands, slipped him into a suit and tie and ran him for Senator.

He won.

Even that might not have turned out so badly for the world -- American senators are almost as harmless and irrelevant as the Canadian variety -- but for reasons no one has ever been able to figure out, the eye of George Bush, president-to-be, fell on hapless Dan.

Wheels were oiled and

palms were greased and Danny Quayle, would-be golf pro became J. Danforth Quayle, Vice President of the United States -- one heartbeat away from the most powerful political office on the face of



Arthur Black

the earth.

Some cynics speculate that Dan Quayle is George Bush's walking bullet-proof vest -- that even the most deranged assassin would never scrag George knowing goofy Dan

was waiting in the wings.

Other, kinder critics say that yes, Dan is...inexperienced...but a few years as Veep will put hair on his chest and some gray matter where right now, only aimless zephyrs blow.

All a realist can say is...not so far. In his two-and-a-bit-years as Vice President, Quayle has stumbled from gaffe to pratfall to outright swan dive.

He told Hawaiians that their island plays a pivotal role in the Pacific because "it is IN the Pacific. It is a part of the United States that is an island that is right here."

He told El Salvadoran officials that America expected them to "work towards the elimination of human rights."

Remember Alexander Dubeck, the courageous Czech who defied the Russians?

Dan doesn't.

"Who would have predicted," mused Dan on prime time TV, "that Dubeck,

who brought the tanks in in Czechoslovakia in 1968 is now being proclaimed a hero in Czechoslovakia? Unbelievable."

Indeed.

My favourite Dan Quayle quote?

That's easy.

Dan was asked why America should send a mission to Mars.

His reply: "We have seen pictures where there are canals, we believe, and water. If there is water, that means there is oxygen. If oxygen, that means we can breathe."

The dimmest reader of Captain Marvel comic books knows there's not enough air or water on Mars to support an anorexic amoeba.

The second most powerful politician on the planet thinks differently.

Boy, does he think differently.

There's talk of a U.S. manned space voyage to Mars soon. I hope it happens.

Guess who I'm nominating for captain of the mission.