

Fast

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fast. It is taken as a means of symbolic purging of oneself, putting oneself in touch with their feelings, whether good or bad," Poole said. "One is giving up indulging the body in order to indulge the spirit."

Mahatma Gandhi and others like him have used fasts in more recent times as a means of protest, said Poole.

"(They) used the fast as a means of spiritual and physical discipline," Poole said, "in order to re-examine one's soul, at the same time using it

as a means of passive resistance, of protest to call attention to some evil."

The Committee for Creative Non-Violence in Washington, D.C., uses fasting to accomplish its goals, May said.

The organization is best known for its work with the homeless in the nation's capital and for the fasts committee member Mitch Snyder staged to gain federal funding for a shelter for the homeless, May said.

Snyder fasted for about 56 days and was hours from death when funding was finally secured for the shelter,

May said. When the government still did not produce the funding, he went on a 30-day fast and a one-week fast from water until the organization eventually received the funding.

Committee for Creative Nonviolence member Carol Fennelly said that although the group has used fasting effectively to promote its ends, effectiveness is not a criterion that should be used in assessing fasting.

"We fast because it is the right thing to do," Fennelly said.

Fennelly said she has fasted, the

longest period being 64 days during a fast protesting the arms race.

The effects on the body are minimal during short fasts, Fennelly said, but after an extended period of time, the fast starts to take its toll.

"(There is) nausea and dizziness after 40 or 50 days," Fennelly said, "and it becomes difficult to drink water just because it tastes so awful."

Eventually, she added, fasters will become dehydrated and experience kidney failure because of their refusal to drink water.

Metric

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kilometers and underneath it 50 miles. When the temperature was given it was 26 degrees celsius, and it wasn't said that it was 84 degrees Fahrenheit.

By immediately abandoning one system for another, people are forced to learn and understand the system. They may oppose it, but they are unable to avoid the change, he said.

This is the main reason why the U.S. effort was unsuccessful — it allowed people the chance to strongly resist the change.

However, Antoine said the conversion process should occur over time to allow people the chance to accept and understand the system. She also said by replacing non-metric with metric at a slower pace, the costs incurred would not be as great as an immediate conversion. But she said the costs involved in each conversion process are hard to quantify.

Two areas — alcohol and soda — have been successfully converted. This conversion was necessary because the products needed to be competitive in international markets, he said.

International trade of other products would increase and would create more jobs, he said. The United States could obtain more jobs because new markets would be opened to various industries, he said.

For example, there is a precision-industrial tool company in New York that produces components for industrial manufacturing. This company has no European market because its product is created by inches, feet and yards, and European buyers want their products in centimeter and meters, he said.

Europeans do not look toward this company for products because the company is unable to offer what they need, Rung said.

But by converting to metrics, this company and others like it would be able to produce the goods for European markets.

As a result of this, more jobs would be created as the product's demand increased.

"You've got mechanics in Europe that need to maintain a gas station and need the tools to do so," he said.

Antoine said, "Those countries overseas don't

want to buy our inch-pound products when they can buy metric products from West Germany, Japan, Taiwan and other countries."

But consumers are also being affected, whether they realize it or not, Antoine said. Consumers are paying more for their imports because the other countries must produce both metric and non-metric goods, she added.

Metric conversion would also facilitate international communication, Rung said.

For example, when traveling overseas, one pilot might say the plane is 4,100 meters above Paris and another might say the plane is 4,000 feet above the city. Conversion would make things — weights, volumes, heights and distances — more universal, Rung said.

Although the conversion has been unsuccessful, Rung said the United States will be forced into it someday.

"The U.S. will wake up someday and find itself in an inferior position in terms of trade or whatever," he said. When this happens, the conversion will occur and will be comprehensive — covering all areas at once.

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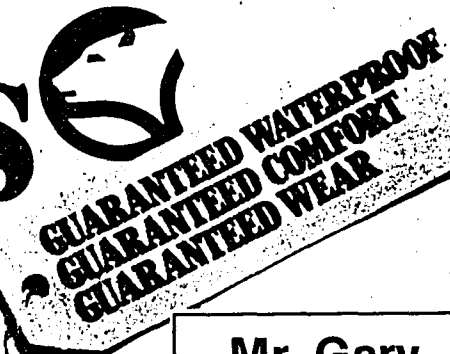
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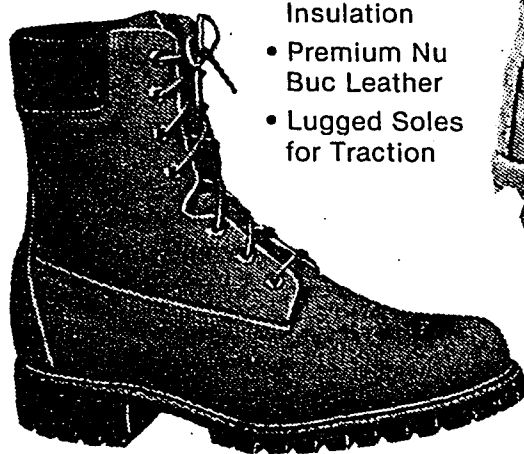
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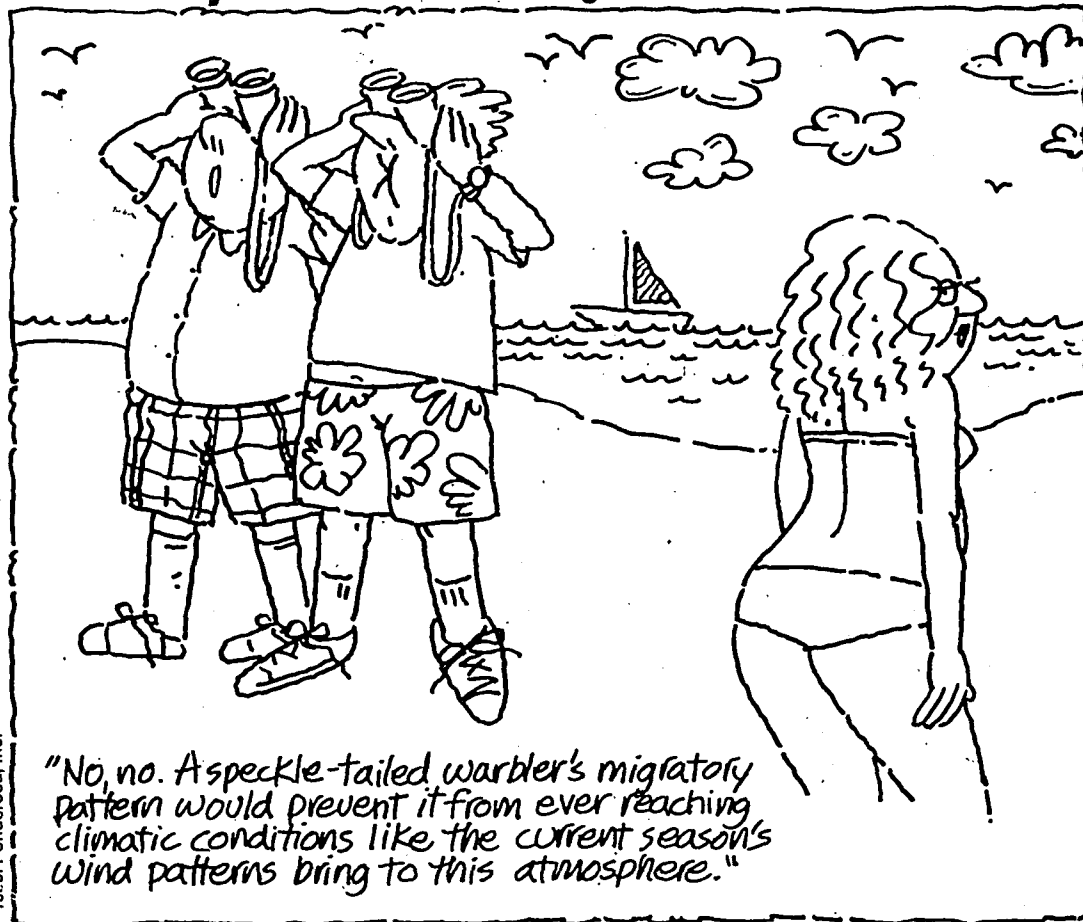
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