

You could not have missed the billboards throughout the metropolitan in Melbourne which simply cry out bold: "Want to Make Love? Do it longer."

Adults see them. School kids leer at them. Sex abusers are enthused by them. Brothels thrive on them. And of course the business selling the promise makes the quick buck before it will wind up.

To be sure, sex has always lured man and woman from time immemorial. The sex drive came to Homo sapiens during the aeons of human evolution. It has been carried to humans through the brainstem which constituted the first stage in

ent that Western readers read whether during travel or at home. Western religious cults that have cheated millions of their faithful and driven the latter mad have adopted sexual love as part of dogma. Family International did it. South Australian writer Jane Stork recently put out a book that gives a vivid and authentic inside happenings of the cult of Rajneesh to which she had let herself be enrolled and from which she managed to quit in right time. Stork shows how group sex played an important role in the culture of Rajneesh followers. Apparently the

Making Sense

Government released a strategy document from the National Preventative Health Taskforce, which predicts unimaginable consequences if trends of obesity continue. One columnist wrote; "food is no longer basic chemistry and fat is no longer a mathematical equation of energy input and output. Food equals sport as our national hobby, fun, entertainment - or obsession."

Like sex, food has become something greater than itself; it is a fashion and a huge industry has been built around it. No conversation goes without food, restaurants and recipes being mentioned. Have you been to restaurant X? What is the best way to prepare a pork dish? Who is the best chef in town? Where can you get the best olives? What are best meat cuts? What is the authentic way to make a cassoulet? The conversations rarely focus on food value. We go to different restaurants to experiment with different cuisine- Greek one day, Indian another, Italian still another, Chinese, Thai, Russian, Korean and so on. How many are addicted to TV's Master Chef. TV channels are full of cookery sessions. Millions of glossy magazines and books are dedicated to the subject of food. Actors in a movie are seeing enjoying food and drink while in conversation.

Alongside the thriving food and restaurant industry has grown a lucrative weight loss industry. Most weight loss programs being offered are targeted to give temporary benefits to their users; they do not strive to change attitudes and lifestyles. In this sense the weight loss industry is indirectly supportive of the food industry helping out customers to ease out the temporary ill-effects of their overeating in order to have another bout later.

Food is gone way beyond necessity. In the old days cooking a good dinner had been satisfying but nothing to be celebrated. Today it is being celebrated. Once upon a time

both sex and food had been a private affair; today they are both forced into public discussion. The endpoint of the obsession with sex has been pornography; that of food is obesity and disease.

These public obsessions have been largely the work of marketers who have mastered the art of creating and titillating wants. Fast food outlets selling junk food bombard kids with constant advertisement and entice them with toys that go along with a purchase.

In both the fields that we have discussed marketers have played to our senses taking us farther and farther away from the boundaries that were there before.

"Food food absolutely appetising Food food absolutely tantalising The way it makes your stomach jump at its mention The way it melts on your tongue when you go to taste it"



the evolution of the human brain. This brainstem gives the body its basic survival drives and sex forms one of the critical drives for survival of the species. The process of natural selection never jeopardised the sexual function because it is imperative for survival and procreation. That is how natural selection works: it picks what is required and discharges what is not.

Sex is thus a most natural function in the human being that cannot be suppressed. Religious dogma and culture have

tried to suppress this vital drive but failed; the victims of sexual repression are known to develop psychopathological symptoms that include extraordinary rigidity, hypocritical Puritanism, and bizarre cruelty to fellow humans juxtaposed by an ironic kindness to cats and dogs. That is what happens when one artificially tries to undo a necessary human function passed on by evolution. One of the more heinous crimes that religion has done to man is the undermining of sex and a passion for life in this world. We have seen that it never works because the taboo remains only in the books. Stories are legion about priests and monks being engaged in child sex abuse.

Side by side with this extreme of the downplaying of sex is the other extreme of glorifying it. This has happened not only in the West but also in the East, too. The Kama Sutra gives a salacious repertoire of enjoyable sex techniques. It is one of the most popular books of the ori-

cult leader convinced its followers that one can reach God through the sex act! What a divinely pleasurable attraction it would have been! Some forms of Tantric Buddhism too contain this kind of idea of the link between sex and liberation.

Go to the book shops and newsagencies today and it will be strange if you miss seeing lewd books and magazines glorifying sex. Reach out for women's magazines and you will find them replete

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with stories that romanticise cheating. Some star's spouse is revealed to have a new lover. Another star has abandoned her lover and got back to the old one. I once watched a Channel Nine programme called Cornucopia and saw a man kneeling down in church and giving oral



Shyamon Jayasinghe

sex to a nun!

With all this bawdy exposure life for the growing young adult has become hard to cope with. Innocent kids are battered by visual images and hypes on public roadsides and in every possible media. Concomitantly, parenthood is becoming more and more an arduous balancing act. A parallel situation has developed with another necessity for the survival of the species, namely food. Recently the Commonwealth



Unseen Visitor

You imprisoned in
Mother's womb
When I was arrested and imprisoned
In social prison womb

Without seeking the sun and moon
Days and weeks
Months and years passed
And in the meantime you released from uterus
Keeping eternal pain
in my heart no one seen

Without a name and a born father
Grew up in a transitional time
And I put a name after three months

Relatives knew
But it concealed to neighbors

"Her father has been in abroad"

After almost six months
My daughter with mother
In front of the prison
Where crowding packed room in prison
Between the wall and
through a small window fixed a
Small holes net
They have come to see me

Touching the iron bar
She was looking at me
Tears collapsed
Out of eyes of mother
But my eyes dried up
As the heart weeping

"This is your father"
Asked with sighs

She smiled
Looking at me.
Touching the iron bar.

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