

# Independent Scholars' Evenings.

7.00 p.m. August 16th.2018



## “ What To Eat or Not to Eat is the Question”

with apologies to Shakespeare: a parody of Hamlet’s “ To Be or Not to Be”

original presentation:

August 30<sup>th</sup>. 2012

I.S.E.

Presented again :

August 16<sup>th</sup>. 2018

I.S.E.

**What to eat or not to eat? That is the question.**

**Whether 'tis nobler in the mind to suffer**

**The slings and arrows of outrageous fortune,**

**Or to take arms against a sea of dessert.,**

**And by opposing, to starve. To die: to sleep**

**No more: Indigestion and Insomnia: the two bed-chamber maids.**

**The heart-ache and the heart-burn and the thousand unnatural shocks**

**That flesh is heir to. 'tis a consummation**

**Good health, devoutly to be wished: to sleep**

**To sleep: perchance to dream: ay, there's the rub;**

**For in that sleep what dreams may come**

**When we have stuffed a shrunken stomach**

**In the sea of mediocrity? Artificially enhanced.  
What dreams may come? That makes calamity of Pepto-  
Bismal.  
For who would bear the whips and scorn of time?  
The oppressor's wrong, Monsanto's condensation,  
The pangs of lost fries, Real Food, butter and bread,  
The insolence of ConAgra and the spurns  
That patient merit of the unworthy takers,  
When we, ourselves, might end it all  
With a loaded gun. Who would this burden bear  
To grunt and sweat under a weary life  
Label readers, reading labels ambiguous, wrong,  
Super Size, Super Sugar, Superman, Super strong,  
The undiscovered country from whose boundary  
No traveler returns. The expanded waistline sticks  
And makes us rather bear the weight  
Than fly to healthy eating that we know not of?  
Thus conscious does make cowards of us all.  
And thus the native hue of resolution  
Is sicklied over with the pale cast of thought.  
Are we doomed to live in a layered world  
Enriched, inorganic, unnatural, artificial, those comfort foods  
Stuffed with corn-syrup, sugar and salt. Bad water.  
And enterprise resolution renewed the morning after  
Never to pig out again as I did last night. Think not of**

**The madness of kosher pig. Genetically modified to fit. Think not of**

**Man's need. Organic . Fat-free. Sterile chicken and recycled meat.**

**Eat all you can eat. Searching hard relentlessly**

**To fill this hunger with orgasmic food. Yet never fulfilled.**

**The silent killer. Unsatisfied.**

Composed by Michael Rosenthal and Narveen Aryaputri 2012

composed at The Grape Life, a wonderful winery in downtown Rock Island, Illinois, in the few years around 2012.

Michael Rosenthal and Narveen Aryaputri are Independent Scholars who present at the Independent Scholar Evenings held at the InstituteCHT on Thursdays at 7.00 p.m.

[www.qcinstitute.org](http://www.qcinstitute.org)