

# undheit! Gesundheit! Gesundheit!

by Uncle Walt

Artificial colour, artificial flavour, white sugar, water, carbon dioxide, caffeine, chemical preservatives — it's the real thing.

The Food and Drug Directorate, a division of the Department of National Health and Welfare, has set up standards for some 300 food items. Some of these standards leave much to be desired.

The criteria for composition and quality fall into three categories: standards of identity, which merely define food products; standards of composition; and grade standards, mostly for fresh fruits

and vegetables. The composition standards are inadequate to insure food quality. They either list the ingredients a product must or may contain; indicate analytical requirements such as moisture, fat, ash, and protein; or both.

One of their failings is the liberal acceptance of artificial colours, artificial flavours, and chemical preservatives. These three kinds of additives cover up the customer's usual ways of assessing food quality: appearance, taste, and freshness, respectively.

Government composition standards are also too permissive in accepting other

chemical additives. These include numerous agents for sweetening, maturing, stabilizing, sequestering, adjusting acidity, and other purposes. For example, some of the chemicals permitted in bread are ammonium persulphate, diammonium phosphate, potassium bromate, acetone peroxide, calcium stearyl-lactylate, and sodium stearyl fumarate. The effects of such ingredients on health, particularly with regard to cancer, have not been adequately studied.

A third defect of the composition standards is that they permit processed foods conforming to the standards to be

sold without a listing of ingredients on the label. The only way a customer can find out the contents of bread, ice cream, sausage, etc., is by sending \$5 to Information Canada in Ottawa to get a copy of the Food and Drug Act and Regulations. Complete labelling of all foods is essential, especially for people with allergies or dietary restrictions.

Of course you can avoid these problems by rejecting processed, pre-mixed, pre-cooked foods in favour of the guaranteed nutrition of fresh fruits, vegetables, nuts, eggs, milk products, and whole grain cereals.

with herb butter, and candy rolls.

If interest is shown, this service can be expanded to include other homemade items.

The same people who are making these nutritious foods will also be holding a free class on Healthful Living on Tuesdays and Thursdays at 6 p.m. at 6165 South St. The next session is March 7. Topics will range from preparation of food to organic farming.

Further information is available from 425-3041.

\* \* \*

For all those people concerned with the poor quality of food these days, you may be happy to hear that Al's Pop Shop, located in Howe Hall, is offering some homemade food.

Every night from 9-12 there will be yogurt, granola (a crunchy sweet cereal), bread

## Alternate Union Meeting

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## INTERPRETERS

Occasional employment as interpreters is available to speakers of foreign languages, especially German, Japanese, Polish, Rumanian, and Russian. If you are interested and are ready to be on call at any time, please contact B. H. Rasmussen, Chairman, Department of Romance Languages, 5th floor, Killam Library.

## University of Toronto Summer Courses in NICE, FRANCE

In addition to the regular Summer Session, The University of Toronto is offering Degree Courses in Nice, July 6 - August 18. Credit courses in English, Fine Art, French, History and Political Economy will be given by professors from the Universities of Toronto and Nice. Classes will be held each weekday at the Faculte des Lettres and the Ecole Internationale D'Art de Nice.

Accommodation will be provided in university residences, private homes, and pensions.

Cost? Approximately \$750.00 (includes round trip, tuition for one course, room and board).

Further Information:  
Toronto-Nice Summer Programme  
Division of University Extension  
119 St. George Street  
(416) 928-2405 Toronto 181, Ontario