

Union needs own catering service

by Steve Cooper

The Dalhousie Student Union should have its own catering service, according to president Brian Smith.

Although Beaver Foods, the present catering company, is "a better alternative than the other caterers willing to come to

Dal", Smith would prefer to see the Student Union doing the job itself.

To accomplish this, the Union should "hire a food services manager who is a direct employee of the Student Union. The Union would be responsible for prices, portions and other

related matters," Smith added.

There would be "no motivation towards profit under this system", according to the president. "The aim of the manager would simply be to break even." This would hopefully provide higher quality

and/or quantity in the food service.

Jim Kayne, communications secretary for the Student Union, stated that Beaver Foods management is "top heavy". No one person is responsible for running the show."

The manager would have to be efficient — or else, according to Smith. He wants "a type of relationship where a person who doesn't perform satisfactorily can be released from employment."

At present the contract between Beaver Foods and the Student Union contains a cancellation clause.

Beaver Foods, according to Smith, "is responsive to our requests and is willing to correct problem areas when we point them out."

One frequent complaint has been overcharging on food. There is often no complete price list available and cashiers sometimes estimate the prices. It is also easy for the person posting the list for the day to

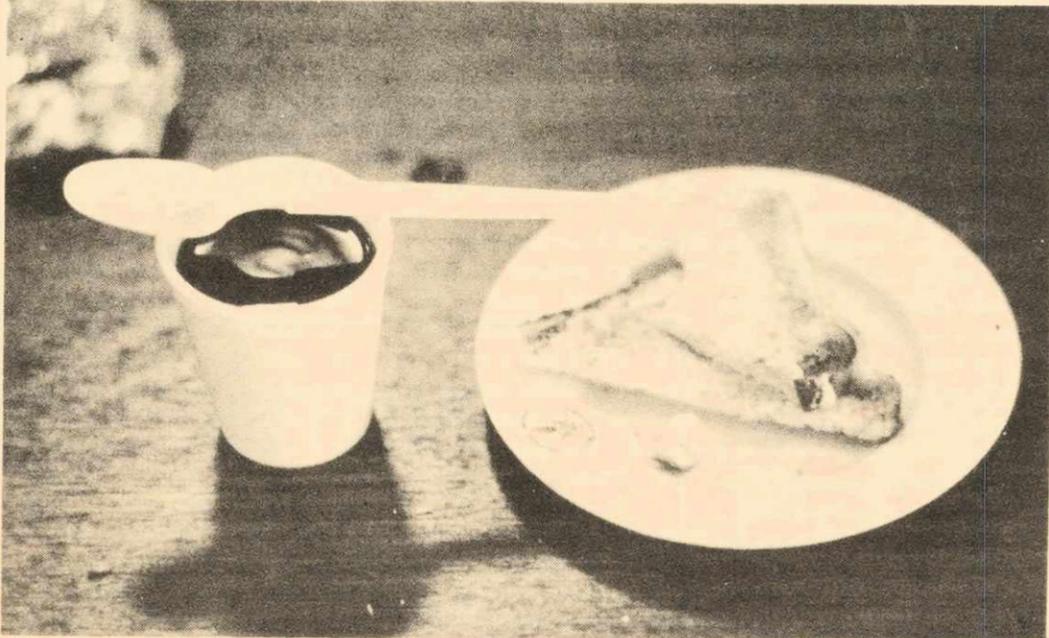
make a mistake.

Complaints should be taken to Smith or one of the Beaver Foods representatives — Ted Vasilopoulos, director of operations for Dal, or Cafeteria Manager Felix Rohmer.

Vasilopoulos stated that he is willing to listen to complaints about the cafeteria. He would like to see the organization of a Student Union Food committee to meet with Beaver Foods management and discuss problems. The residences already have such committees.

Beaver Foods is "suffering quite a big loss" in its cafeteria operation, according to Vasilopoulos. With the new short order set-up and new products they hope to break even for the year.

The company takes five per cent of all cash sales as its fee, while ten per cent goes to the Student Union for use of the building, maintenance and other expenses. The rest of the income buys food and pays wages.



This is one of the many comments students make about the cafeteria's food — leftover breakfast anyone? (Mark Roza/ Dal Photo)

Breathe and Live

by Stephen R. Mills

What do you do to stay alive? Eat? Drink? Sleep? You do all these things and are usually very careful about them, eating and drinking what you consider to be proper foods, sleeping at regular intervals.

Yet there is something more basic; being, above all else, a mammal, you breathe. Shouldn't you breathe properly, then? You should but you probably don't. The problem is that you never think about breathing! Your body just draws air in and expels it — a reflex action, primarily. But you do have some control and, in the interests of living a fuller life, should be exercising that control over this, the most important function your body performs.

First of all, breathe through your nose; that's what it's there for. Breathing through the mouth is not only unhealthy (there are no filters as in the nose) but makes you look like a dummy.

Secondly, breathe fully. Most people breathe so shallowly that, over the years, their brain suffocates; they become tired and apathetic; they lose their zest for living. You can avoid this by breathing from your abdominal area upwards. All your lung surface is then used, your blood is enriched, and your body benefits.

Lastly and most important of all, take time to control your breathing each day. If it's only five or ten minutes, it will be a great help. Also, in times of tension, take a few seconds to

breathe deeply and regularly. It will clear your head, calm your nerves, make you feel at ease.

A word of caution here. Deep breathing, as all things, should be done in moderation. Hyperventilation can be most dangerous.

Needless to say, correct breathing means no smoking at any time. Most people smoke to artificially calm their nerves, but you don't need crutches. Breathing, as it brings you life, can bring you peace.

The general tips just given will be helpful but for some expert advice and exercises, you should get hold of several good books on Hatha-Yoga. I recommend one entitled *Yoga in Ten Lessons* by J. M. Dechanet (Cornerstone Library, New York, 1965) but many others are available.

Gesundheit!

by Uncle Walt

"First the blade, then the ear, then the full grain in the ear."

The above quote sounds ludicrous until you learn that it refers to a wheat crop. The words, along with a drawing of several ears of wheat, appears daily on the editorial page of the "Christian Science Monitor."

If the "full grain" were used in all our foods, we would be healthier and better fed.

It is difficult to find 100% whole wheat bread in Halifax markets, and even this kind of bread is usually missing the wheat germ. Most bread is made from white flour, which consists mainly of starch, high in calories but void of essential vitamins and minerals. In the milling process, the outer coating (bran) and inner kernel (germ), both rich in food value, are removed when making white flour. The residue is often bleached to make it even whiter. "Enriching" with synthetic vitamins doesn't repair the damage.

What do people do after buying this whiter-than-white bread? They go home and toast it to make it brown again! Some manufacturers even dye some of their white bread with caramel and market it as "brown bread".

Other grains also make excellent foods. Whole rye and corn meal yield tasty, nutritious breads, as does soy flour. Soybeans, in fact, are a unique plant food, the only known source of complete vegetable protein: all the necessary proteins and amino acids.

Brown rice, ideal for inclusion in a warm meal, is far healthier than white rice. The latter is made by polishing away the valuable brown outer coating with its minerals, protein, and Vitamin B.

Whole grain cereals, such as rolled oats, corn meal porridge, millet, barley, etc., are much more nutritious than boxed, sugar-coated cold breakfast cereals. Most whole grains require cooking, and the warmth protects against cold weather.

Instead of sweetening with sugar, which rots your teeth and is hard to digest, try a small amount of raw honey, or add your favourite fresh or dried fruit, either before or after cooking.

If you're wondering where to get all these whole-grain foods, drop in on the House of Health (1712 Granville) and The Bean Sprout (1709 Barrington). Their vibes and selection are quite different. As they're just around the block from one another, why not check them both out.

Until next week, remember that only half-wits throw away the best half of whole grains.

Student Survival Survey

Consumer's Association of Canada	469-5563
Help Line	422-7444
Halifax Tenants' Association	429-4141
Legal Aid (Dal)	423-7198
(N.S. Barristers' Society)	429-5821
Poison Control (Children's Hospital)	424-6161

Dalhousie University Services (all numbers begin with 424)

Chaplain's Office	}	2288
Ombudsmen		
Dal Radio		2410
Enquiry Desk, SUB		2140
Student Council		2146/ 7/ 8
Student Counselling		2081
Student Health		2171