Quitting is easy

By JANE MCLEOD

There are twenty-one new non smokers running loose on campus as a result of the "Five Day Plan to Stop Smoking" held here last week.

The program, sponsored by the UNB-STU student Health Centre and The Council on Smoking and Health, followed the guidelines of the well-known "Five Day Plan". The plan, devised by the Seventh Day Adventists Church as a community service, is probably the most successful to date in helping people quit.

The 5-day plan is simple. It involves drinking alot of water and eating alot of fruit.

Thirty-six initially enrolled in the program, but by the fourth day attendance was down to twentythree. (Presumably the drop-outs to follow the plan.) Of the people program this term.

who stuck with the program and attended the meetings, twentyone had stopped smoking. Of the other two, one was down to a few cigarettes per day and one didn't fill out the form correctly (there's always one!)

There is more to the program than meets the eye. Besides choosing not to smoke, the people attending were incorporating some very good health habits into their daily activities. These were practises not only good for them, but that would also help them stay away from cigarettes after the 5 days were over.

A follow-up study will be conducted to see how many have actually "joined the majority". In the meantime, anyone interested in the Five Day Plan, please contact the Health Centre 453-4837. If response is good, we decided not to quit, or at least not are planning to conduct another



Photo by Shaver

Moffatt replies to Bruns criticism

But dispite all the name calling and threats and rebattles the S.R.C. & Bruns have a crazy relationship. The editor well never wake up some morning to find packed up and sold

other medias), and the S.R.C. work student body will come alive and for the benifit of the students and speak up. dispite their regular confrontations, they do what they feel is the student is not directly

is where it stops. It seems that at the prest time a unfortunatly there hasn't really year. one way street has developed been one for quite a while. The

One benifit from being in the select people who has been S.R.C. is tha by the end of your confronting student issues which term you have aquired quite a skill lead to head without the general in writing letters, as usually one approval or interest of the rest of member of the S.R.C. executive the student body. It's no ones writes to defend the good name in fault. The every day routine things the S.R.C. by means of letters to that go on at the S.R.C. are exactly the editor that are published in the what they are called routine it Bruns every week. This on going would be hard to raise mass verbal war has been going on student notest on weather or not since time first began or when we replace the xeron machine nor ever the S.R.C. & Bruns were do I think the student body would conceived (which ever came first). rise up in protest if we decided not to hold a S.R.C. meeting during March break.

Its small issues like this that take up much of the S.R.C.'s time. When we see much contensioris that her budget has been shlashed inuls such as going in or out of us, in half nor will their equipment be a rise in tuition, or the cancellations of puls (if it ever The Brunswickan, CHSR (and happens), its then hopefully the

Apathy exists only as long as best for the student body...but that personally. People read a cause to rally around and fortunatly or chance for a run in tuition next

N.U.S. As was mentioned in the S.R.C. meeting last week "Students today are more concerned with studying" By this sstatement I take it that we should all bury our head and let the outside world pass without even a second look.

When I look at the numbers that are running for S.R.C. portions and I see that the President and Comptroller one in by aclamation then I often wonder if this isn't the On February 16 & 17 the

Maritime Provinces are having a meeting and no doubt they will be coming down with their spending budget for Maritime Universities. Since the MPHEC recommendations are continually ignored there is no doubt that this year will be any exception. Since the feending will be again low, the MPHEC has recomended tuition increases, and according to the Draft Study report (UNB has to show restraint). One can imagine that there is a good

within the student body. Due to VietNam war is over, Norman remains as long as the student the system we work within a few Stras is off campus, along with isn't personaly affected. Well,

nothing is more personal then an ignore the fact that we must increse on already very high assume the responsibility that we tuition. Alredy we are paying must pay our part. What is not some of the highest tuition rates in being taken into consideration is the country. When the MPHEC that for most of us, we are already recommended that tuition rates paying a great deal of money and rise with the cost of living they we cannot take on anymore of the certainly showed little sympathy so called "University Job. of the true problmes which we You will be hearing alot more up with the cost of living, and on than you think. the other hand a rise in tuition. We as students are not blind to the

studends face. On the other hand about this issue in the near future. we have extremly high unemploy- Keep in touch, contact your S.R.C. ment (comparded by Bell C-14 representative, write a letter, kick which exempts many students a wall...do anything to show that from collecting it), a minimum you approve or diapprove with a wage which it self does not keep tuition hike. Its coming, sooner

> BY Blair Moffatt Vice President Internal





Free Delivery On and Off Campus

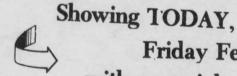
SERVICE AND **DELIVERY** 455-4020

Fredericton, N.B. 296 King St.-Corner Westmorland



FAST

CLOCKWORK ORANGE



Friday Feb. 2nd

with a special 3:00pm matinee showing, also showing at 7:00 and 9:00pm.

Winner of the New York Film Critics best picture of the year 1971. 1.50 or 1.25 (E.U.S members)

AT HEAD HALL THEATRE

FEBR

think and 1 The Stree in the must There per g

Mark Jan. 2 Stude

studer

Chairr

time c

is con receiv compe The in the the SD is the consid regard fines author the Bo and c have

Iwo

proced

than o

would setting How ciple (accuse prover what A crashe SUB s

out the

cla UNB S be ha organ usual Tuesd Carlet reque

> REFRE errant haven will be Box at Winter

panic