

Ottawa

Students protest against aid cuts

OTTAWA (CUP) — One hundred placard-carrying students from Carleton University told a special provincial committee investigating student aid to resign, and then walked out en masse, at public hearings held December 5 at the Rideau campus of Algonquin College.

The Carleton students, led by student president Dave Dunn and organizers from the Ontario Federation of Students (OFS), said the committee should abandon its investigation because the recent release of the Henderson Report "has turned the committee into a sham", Dunn said.

The Henderson Report recommended the provincial government raise tuition fees by 65 percent for

college and university students, the elimination of OSAP grants, and the establishment of an all-loan student aid system.

Dunn said the government will place more weight on the recommendations of the Henderson Report than those which the special committee will produce, and claimed the committee and its hearings will create a false impression that genuine public discussion and debate preceded "changes in student aid which are against student interests, but which the government intends to make anyway."

In response to a question from committee chairman J. Stephen Dupre whether the committee should resign, Scott Mullin of the

Carleton student council replied "Yes" amid cheers from the students. Dupre said he would record that in the committee's minutes.

A student member of the special committee, Tim Doyle of Windsor, claimed he did not intend to resign because "we've already done a lot of work and there's a lot left to do."

When it became apparent that neither Doyle nor Dupre, who receive \$105 per day as member of the committee, intended to consider resignation, the Carleton students rose and walked out of the auditorium.

The committee members, after sitting silently for a few moments, resumed the hearing of briefs from the small audience still in

attendance.

The Carleton students, meanwhile, are planning to charter buses to attend a province-wide rally in Toronto on January 21, when OFS is scheduled to present its brief to the special committee.

The OFS brief calls for the abolition of tuition fees and the establishment of an all-grant

student aid system to promote greater accessibility to post-secondary education.

University and college administrators, as well as government, as well as government officials, have recently called for increased tuition fees, more loans, and the abolition of OSAP grants, as outlined in the Henderson Report.

Ottawa

IWY in retrospect

OTTAWA (CUP) — The end of International Women's Year has left many women with a false sense of progress and many women's groups with uncertain funding for the coming year.

This was the reaction of those involved in women's service operations in Ottawa, where the impact of the federal government's twelve month balley-hoo has been most easily observed.

Diana Pepall, staffer at the Ottawa Women's Centre, said women are now more acquainted in of their status than they were before the \$5 million celebration of women began.

"Women have now put their faith in government. They believe there's nothing else to do that isn't being done" she explained. "Women don't think there's a struggle now."

Although the effect of the IWY on women's consciousness may be a point of conjecture, the debate is not carried over to the question of the continued financial operation of women's service programmes.

Those who worked on those programmes feel certain the higher levels of funding received last year were artificial and won't be renewed in 1976.

In Ottawa, financial shortfalls will be felt by groups ranging from the Women's Co-op at the University of Ottawa to the local Rape Crisis Centre in the coming year.

The Ottawa U Women's Co-op is funded by the University, and project coordinator Cinday Diamond said that increased funding was apparent during IWY.

"I don't think we'll get the increase again" she said, adding "I don't think IWY has affected women already involved in the Co-op, although more women have

been coming in to write term papers on IWY."

Sandy Merriam, coordinator of the Ottawa Crisis Centre, commented on the increased awareness in Ottawa of the problem of rape, but added: "I don't think IWY had anything to do with that. The Centre's work caused that."

Aside from the financial uncertainty facing the LIP programme, the Centre will also lose grants this year from the Secretary of State and the Department of Health and Welfare, whose financial assistance came from funds set up for IWY only.

Pat Hacker, councillor with Women's Career Counselling in Ottawa, also foresees cutbacks to women's programmes. She also expressed doubt that promises of affirmative action programmes for women within the federal public service will be honoured by government in the coming year.

Hacker said IWY had no impact on women coming for career counselling. She said women were seeking job advice for the same reasons they always have - financial pressure, death of a spouse, new financial independence.

Larger firms are hiring more women, according to Hacker, but she attributed this to public relations and government approval rather than a changed view of women in the workplace.

As long as Health and Welfare spokespeople are denying women a priority, and Manpower officials refuse to educate themselves about women's problems, Hacker feels that IWY is a failure.

"there has been no real effort made in IWY" she pointed out, asking "When will there be an effort?"

Waterloo

Nutrition fakery discussed

WATERLOO (CUP) — "What we don't know about food... can hurt you, and hurt you very seriously," according to Ross Hall, Biochemistry professor at McMaster University.

Hall was speaking on "Nutrition Fakery in the Food Industry - Food Processors Contribution to Heart Disease and Cancer" as part of a nutrition lecture series at the University of Waterloo.

Hall termed nutrition labelling, required in the States and expected to come to Canada, "very misleading".

Using a list of five vitamins and minerals with the recommended daily allowances of each for the majority of adults, Hall showed that only 33 out of 1,000 people would fall into every category.

"You have very individual requirements for vitamins and minerals," he explained "the recommended daily allowances are absolutely useless when it

comes to predicting your personal requirements."

Hall produced an advertisement which claimed that an 1 and 1/4 ounce bag of potato chips reinforced with Vitamin C is more nourishing than an apple.

"Vitamins are no good if the basic nourishment is lousy," Hall said.

The U.S. government has decreed that two "super" donuts (vitamins and minerals added) plus one glass of milk constitutes an "official meal" providing one-third of the daily nutritional needs, Hall said. It is being sold in five states as part of the school lunch program.

When nutritional labelling comes to Canada, the Canadian consumer is going to be completely bamboozled with the connivance of our federal government, he warned. Eighty percent of food

sold in Canada is factory processed or "fabricated", Hall said.

The effect of fabrication on nutritional quality is the loss of nutrients - known and unknown - and the destruction of molecular relationships within any natural food substance, Hall said.

These relationships are critical to the way in which food is digested, and yet their importance has not been stressed as much as that of nutrients, Hall added.

Most chocolate products such as chocolate chip cookies and eclairs are synthetic, as well as the cheese in any prepared food - for example, macaroni and cheese or pizza, Hall said.

He wondered what the long-term effect might be of eating milk puddings which are treated chemically to keep the starch from breaking down.

In every natural substance there is a mechanism for self-destruction - milk should go sour, bread should go stale, and meat should go rotten, Hall said.

"It has to be changed greatly if it does not," he said.

Although the protein in soybeans is very good, processing can result in a loss of two essential amino acids and several minerals, Hall said. As artificial hamburger it doesn't compare to meat for nourishment.

There are no requirements for the synthetic product to be labelled if it appears in a prepared food, he added.

Hall said the practice of striking eggs from the diet because of cholesterol content is "ridiculous".

"Whole eggs are probably the most nourishing food possible", he said.

Referring to a chart from a poultry journal, Hall pointed out that over the last 15 years the consumption of eggs has gone down, while the incidence of coronary heart disease has gone up.

Hall added that every cell in the body contains cholesterol, and dismissed the notion of an increase risk of heart attack due to eating cholesterol as "purely conjecture".

People who eat a natural diet, Hall concluded, do not get ulcers or cancer of the colon which is a major killer in Canada and on the rise.

Ottawa

Farm income to drop

OTTAWA (CUP) — Supermarket shoppers aren't the only ones who are expected to take a beating this year in the national food sweepstakes. Present indications are that Canada's farmers are also in for a tough year.

According to Statistics Canada projections released in December, both gross and net farm incomes are expected to decrease in 1976, after five consecutive years of increases.

A large factor in the projection is

the decline in Canada Wheat Board payments to the Prairies due to poor crops in 1974. CWB payments in any year are based on production figures from three years ago.

But Stat Can says the decrease in farm income will affect every province, although the downward trend will be least felt in British Columbia and Ontario.

The actual level of total farm income should be "slightly above the 1974 level", the report states.

Ottawa

Nuclear weapon ready for use

OTTAWA (CUP) — Waning public support during the last stages of the Vietnam war makes it necessary that future genocidal ventures be quick and to the point, according to the US news agency NBC.

A January 6 foreign affairs report from that agency showed a US army officer estimating that his mechanized strike force in South Korea could achieve in 9 days what eluded the US throughout the Vietnam war — military

victory. The report says the US government has already announced its readiness to use nuclear weapons "in the event of North Korean aggression". The nuclear weapons can be launched from conventional artillery pieces already in position.

The army officer said the reason for speeding up the process of war and using hardware instead of troops is because "people are so important".

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