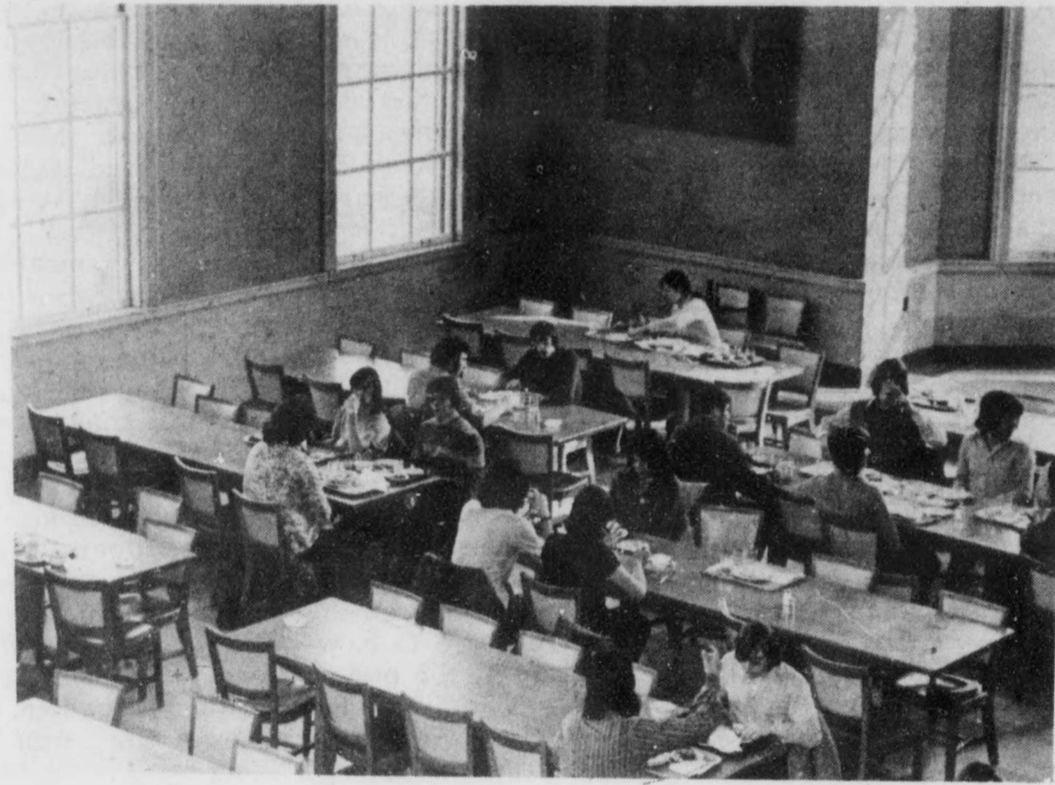


# NUTRITION COURSES, AT U.N.B.

By KIM MATTHEWS



If you're a professor or student; banker or broker; businessman or lawyer; politician or movie star, or at least engaged in some form of activity daily, your DIET is too critical to be ignored!

The condition of being well-fed promotes a sense of well-being and security. Food is often eaten to relieve nervous tension and boredom, and because eating is generally associated with feelings of pleasure; it may be used as a motivating factor, a reward, or a form of self-indulgence.

Studies show that in wartime, the improvement in the diet of workmen, whose diet was not previously up to the standard for health, was followed by increased work output without any conscious increased effort and also be a reduction in the number of accidents.

"Students who attempt the day's classes without first eating a proper breakfast tend to lose their alertness and their concentration is more apt to break. They are more likely to have snacks which can lead to irregular meal patterns, and these snacks are usually not chosen wisely", says Eleanor Wein, professor at UNB.

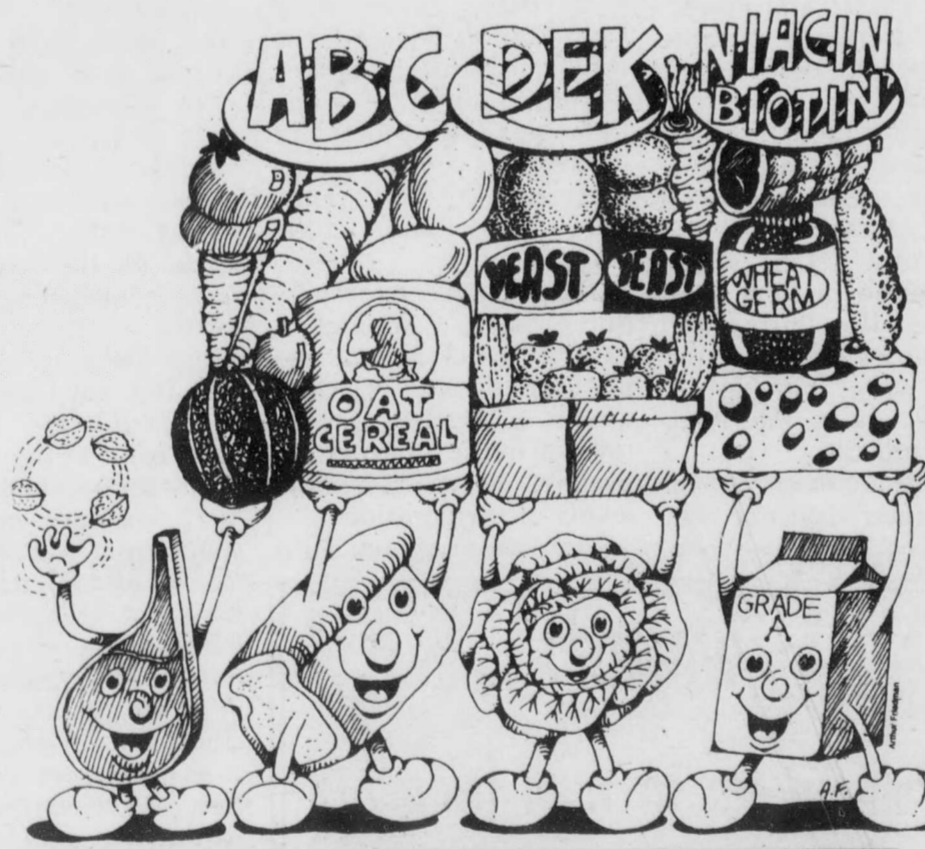
Our local Beaver Foods Ltd. has vending machines throughout campus in promotion of the quick snack. Often people who skip meals, try to compensate with these snacks, and diet deficiencies will be a result and create serious problems such as anemia, constipation, chronic fatigue.

"A direct relationship can be drawn between nutrition and much of the mental illness resulting from organic brain disorders. Dietary improvement results in increased resistance to infection, better management of alcoholics, fewer circulatory disturbances, and cardiovascular conditions, control of metabolic

disturbances due to diabetes, hyperthyroidism and nutrient deficiencies. The relation of nutrition and mental disorders not associated with organic brain damage is less clear." (Dr. Edith Weir of U.S. Dept. of Agriculture)

Two courses in Nutrition are offered at UNB by enthusiastic Eleanor Wein, who is Social Professor for the Home Economics Division of Vocational Education: "Basic Principles of Nutrition" and "Applied Nutrition". Provided with lectures from Eleanor Wein, films, laboratory assignments, field trips, visits from guest speakers, and research projects, the scope of Nutrition in unveiled. The Fall term course, deals with "essentials

for an adequate diet for each family member; digestion and metabolism; energy and nutrient needs; dietary standards; food guides and reliable sources of required nutrients." In the Spring term course, the focus is on "nutrition in the family life cycle, with emphasis on the needs of pregnant women, infants, children, adolescents and the elderly; factors influencing food habits, methods of dietary evaluation, community and world nutrition problems."



- VITAMIN DEFICIENCIES**
1. Activation of red blood cells and nerve functioning
  2. enables body to use calcium
  3. prevents scurvy, maintains absorbed fats
  4. healthy skin, hair, and teeth
  5. necessary for blood clotting
  6. prevents rickets
  7. prevents beriberi, helps body resist the cold
  8. helps body use daylight, helps with hearing
  9. keeps skin and circulatory system healthy
  10. needed for body's absorption of carbohydrates