

Here is our artist's conception of a tasty, nutritious snack. Going strictly on hearsay, this snack includes a whole-grain crisp cracker, cheese, lettuce, tomato, and parsley. The dark beverage is allegedly carrot juice. If you need extra fibre eat the Gateway!



Nutrition pays off in benefits

by Margaret Baer

"Choose nutrition now... it pays!" is the theme of this year's National Nutrition Month (March).

In response, the U of A's Faculty of Home Economics is mounting an information campaign about foods and nutrition. Displays and activities will be set up in CAB and Quad during the week of March 7-12.

As part of the Edmonton Nutrition Week publicity drive, radio interviews will be featured on CJSR, featuring nutritionists, dietitians, and academics March 7 through 12.

One of those interviewed will be Paul Fieldhouse, Assistant Professor of Foods and Nutrition and co-ordinator of the U of A's Nutrition Week activities.

"The general aim of Nutrition Month is to make people more aware of nutrition as a component of health," Fieldhouse stated.

He continued, "As a faculty (Home Economics), we try to show people, and especially students, that nutrition information is accessible. We do get involved in practical, not just academic, things."

Commenting on the national nutrition theme, Fieldhouse said the accent is on buying nutrition, not just food. The focus on budgeting is in response to the current economic recession climate.

"Food is usually the first thing to be cut back; it's the easiest area of a person's budget to alter," Fieldhouse explained.

According to Fieldhouse, the wise choice of nutritional and inexpensive food should be of particularly vital concern to students.

The U of A's health faculties are also combining to promote general health on campus during the University's Health Week. The faculties of Medicine, Rehab Medicine, Medical Lab Science, Nursing, Pharmacy, Dentistry, Dental Hygiene, Physical Education, and Recreation Administration will supplement the Home Economics displays this week.

Smoke in heat off

HAMILTON (CUP) — A McMaster University anatomy professor resumed teaching after an unsuccessful campaign to stop his medicine and nursing students from smoking by putting his tutorials on hold.

George Lewis changed his mind after the health sciences dean told him his refusal to hold classes was contrary to the faculty's policy.

"This is not a vendetta against the medical students and nurses," Lewis said. "(But) until students can demonstrate proficiency in dealing with lifestyle disorders, of which cigarette smoking is the most conspicuous I feel they are in medicine under false pretenses."

Lewis denied that medical students and nurses should be allowed to make their own choice on this issue.

"What they (the students) do off-duty, or in private, is their own business, but when they are on duty they must show exemplary behaviour."

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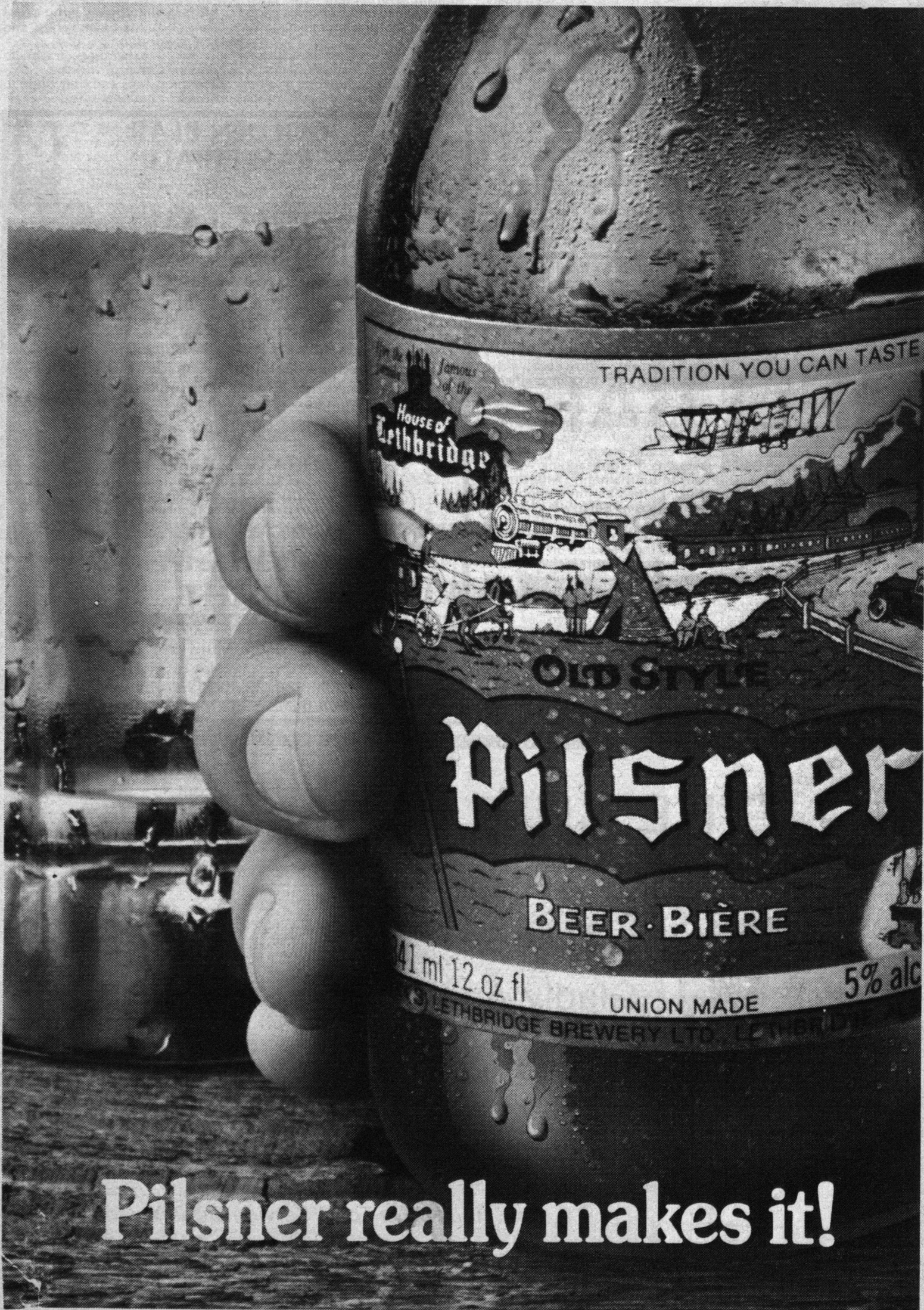
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