

Halifax Life banned from Dal

by Dave Wegenast

Dalhousie Student Union has ordered the 4th Estate to stop free distribution of **Halifax Life** in the SUB. This decision was taken at a recent Executive meeting in response to fears that the 4th Estate was encroaching on **Dal Gazette** advertising territory.

Nick Fillmore, owner-editor of the 4th Estate, said at the meeting that, "While I do not want to hurt the Dal Gazette in any way, it would be a shame if the University no longer supports freedom of the press."

Allan Zdunich, editor of the **Gazette**, said in reply that "This has nothing to do with freedom of the press. The 4th Estate is still for sale at the campus bookstores. It is really a question of who is going to get the student advertising dollar: obviously Fillmore wants it. **Halifax Life** is simply a concentration of entertainment, information and advertising."

During Orientation Week, copies of 4th Estate's **Halifax Life** supplement were dropped in the SUB for free distribution to students. Student Council Treasurer Pat Stewart stated that this action was taken without prior knowledge or consent of the Student Council Executive. Student Union General Manager John Graham had granted permission for the distribution, thinking it would be a "one-shot deal". When 4th Estate approached him for permission to do this regularly, he referred them to the Student

Council.

The Sept. 22 issue of **Halifax Life** carries the statement that, "**Halifax Life** is circulated to all Halifax area University campuses" and the **Gazette** has learned that Fillmore has been emphasizing this point in his solicitation of ads. Believing these assertions, several local businesses have said they may switch their ads from the **Gazette** to **Halifax Life** where they could reach not only all the students but the rest of the city as well. In the case of Kelly's Stereo Mart, it took the intervention of Student Council President Gord Neal to convince the advertising representative that contrary to what Fillmore told them, **Halifax Life** is not on the Dalhousie campus.

In an interview Sunday 26 September, Fillmore refused to say if **Halifax Life** was being freely distributed on the city's other 5 campuses and offered no further comment pending presentation of his case, in person, to the Student Council at their meeting October 3. Student leaders on other campuses have indicated they will not allow distribution of **Halifax Life** on their campuses.

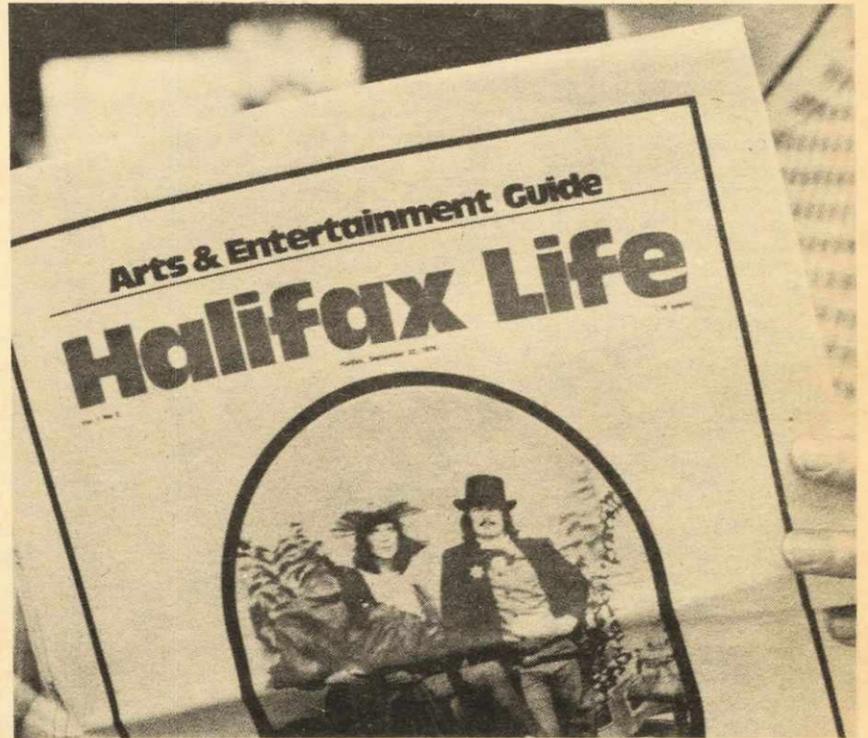
In discussion at the Dalhousie Student Council Executive meeting, Fillmore referred to the legal case of the **Georgia Straight** vs the University of British Columbia, and falsely asserted that the **Georgia Straight** won a "freedom of the press" decision in the Supreme Court.

the dalhousie
gazette

30 September 1976

Number 4

Volume 109



Dal Photo / Grandy

MackKay contradicts himself

Dal intimidates DSA



Vice President Andrew MacKay

Dal Photo / Walsh

by Rick Plociennik and Jeff Clarke

Recent University moves to pressure the Dalhousie Staff Association in their contract negotiations may signal a future deterioration in labour relations at Dalhousie.

The University has pulled two unusual cats out of the bag: They are forcing the Staff Association (DSA) to renegotiate pay raises already won in the last contract, since expired, and have begun a campaign of appealing directly to the Association members, by-passing the DSA bargaining committee and executive.

Both sides have indicated that no resolution is on the horizon; application for a provincial Conciliation Officer seems imminent.

Ben Fullerton, DSA President, says that, "Our proposals for the contract now under negotiation contained two categories. The first, which has been the least difficult, consists mainly of rewording articles which were the source of some misunderstanding in our first contract. The second category is monetary items. We asked for a 17% increase in the salary scales, and some minor adjustments in fringe benefits."

"The university has offered an approximate 6% increase in the salary scale."

University Vice-president Andrew MacKay claims that, "It isn't true that we are going to pay

people only 6% more." In an August 31 letter sent to Department Chairmen, Deans and Vice-presidents, MacKay wrote, "The facts of the matter are as follows. In the course of negotiations, the University advised representatives of the DSA that its final position on salary increments would permit employees within the bargaining unit to receive an increase of 10.95% in total compensation for the group. Under the agreement negotiated last year, continuing employees with 12 months service at June 30 were entitled, and were paid in August, a one-time cost of living adjustment payment, and those with at least six months' service would receive an annual step adjustment in their salaries."

The over 700 member DSA, the university's clerical and technical employees, last signed a 15 month contract in the spring of 1975. This contract provided for semi-annual increases to basic salaries and a cost of living allowance (COLA) to be paid as a lump sum soon after the contract expired on June 30 this year.

Even though the semi-annual step adjustments were included in this last contract and were expected by the members, the University now insists that they be renegotiated in this year's contract.

Vice-president MacKay admitted to the **Gazette** that the University's proposal "sounds unusual. But from our point of view, every one of those dollars has to be found in this year's budget. We (the administration) have only so many dollars to play with."

According to MacKay, the University did not budget for the COLA or step increase in last year's

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Sports Comment
on Dal Coaches



by Greg Zed

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Dal intimidates DSA

budget. These costs "have to be met from the 1976-77 budget and must be included as one part of the total compensation to be paid in 1976-77."

In his 31 August letter, MacKay wrote that "the total compensation increase for the DSA group, 10.95%, is higher than for any group of staff in the university this year." He insisted that the 6% figure is a misinterpretation by the Association of what their actual

groups of staff, including the DSA, the University has sought to provide the maximum increase possible under the A.I.B. regulations, even though this will have a serious impact on other aspects of the University's operations."

A well-attended DSA membership meeting in August rejected the University's proposals by a convincing majority. There was widespread sentiment that the University's contract interpretation was an attempt to railroad the Association

The Anti-Inflation Board told the Gazette Monday that their ruling on last year's settlement between CUPE Local 1392 and the Administration would be made public Wednesday, September 29. The Local represents the University cleaning and maintenance staff. At press time no decision had yet been announced. Next week's Gazette will carry details of any decision and its effects on the Dal workers. The AIB decision will be made public on Friday.

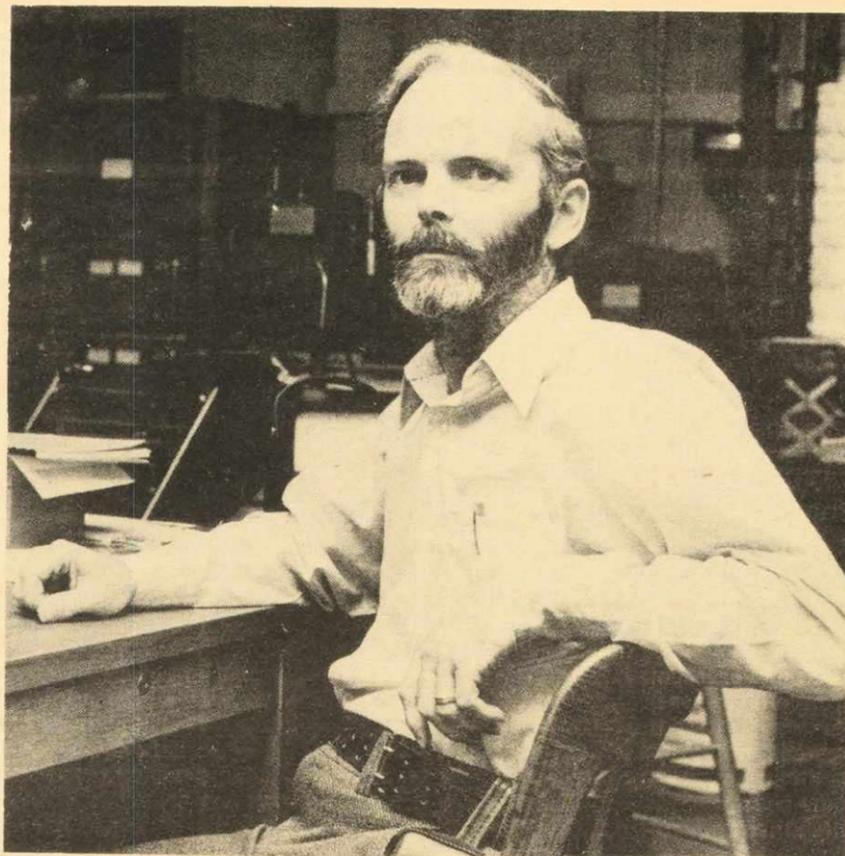
increase will be. In talking with the Gazette, though, MacKay admitted that the new offer would in fact "provide across the board something marginally over 6% above the rates agreed upon last year." His further justification is that, "For all

into accepting a poor deal. According to President Fullerton, "there has been no real bargaining yet, and the University has shown no indication that they are willing to bargain."

In the past month, the university has moved to the offensive, mounting a pressure campaign aimed at "explaining" its interpretation of the proposals to DSA members. Vice-president MacKay began with his letter of 31 August, ostensibly written to Deans and Vice-presidents, which saw the light of day in mid-September when it was given prominent display in the University's captive **University News**.

In the most recent incident, the Administration enclosed a forceful note in DSA members' September paycheques, strongly implying that the University's bargaining position is final. The letter, dated 20 September, told employees that with the September cheques the University was implementing step adjustments provided for in the last agreement, and, "The costs of salary adjustments thus made will be considered part of any salary settlement that may be made with the DSA in a new agreement."

DSA President Fullerton, who had previously played down any dispute between the DSA and the University, was clearly displeased by this latest move, remarking that,



Staff Association President Ben Fullerton Dal Photo / DeLorey

"their position was merely an opinion before...now...they are implying that their position is fact."

A new development is increasing evidence that not all DSA members share Fullerton's faith in the University's good intentions. One long-time DSA member is "outraged at the University's behaviour. Although the DSA has conducted itself in a very fair and reasonable

manner, asking for nothing more than a living wage." she told the Gazette, "the University has insisted on intimidation and dirty, underhanded tactics. It's just another example of the University's disregard for proper labour relations. We have a very definite case of a labour dispute and to call it otherwise is a lie...I wish there was another word...a god damned lie."

Demands money for students

OTTAWA (CUP) -- A federal MP has called on the government to finance post-secondary education for low-income students with the money saved by the elimination of summer job programs.

John Rodriguez, NDP member for Nickel Belt, said in a press

release Sept. 14 that the \$36 million saved when the government cut the Opportunities for Youth (OFY) program this year should be awarded as grants to poor students who could not find work this summer.

Without some form of government aid, many students will not be able to return to classes this term, the MP said in an accompanying statement.

Rodriguez also echoed the demands of student organizations in calling for the elimination of tuition fees as a "long term" solution making post-secondary education accessible to students from low-income backgrounds.

He said his demands are a response to the federal government's "uncaring attitude towards student unemployment and its inability in creating student summer jobs.

Student unemployment ran 15 to 20 per cent this summer he said, repeating figures from his summer study, subsequently used as background for an Opposition document on summer unemployment.

(The exact number of unemployed students is impossible to calculate this year because the department of manpower and immigration refused to fund a special Statistics Canada survey to determine that figure.)

Rodriguez said a soon to be published Secretary of State study shows that students from \$15,000 per year income families are three times as likely to attend a post-secondary institution as those from families earning \$6,000 yearly.

A government study last year showed students from the latter income bracket had only a 25 per cent chance of attending university if they were unable to find summer work, and a 47 per cent chance of attending other post-secondary institutions, according to Rodriguez.



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Easing the busing blues

by Christine McLean

Twenty minutes is all you need to get by bus to that 'oh-why-did-I-schedule-it-that-way' eight-thirty class from Dartmouth. The Halifax Transit Corporation provides a special direct service bus from the Dartmouth Shopping Centre terminal which leaves at 8:08 and again at 8:38. This bus (Spring Garden Road No. 1) will take you, without having to transfer, directly to Dalhousie and then along its regular route.

Also for the benefit of student and worker commuters to the area, a bus (McDonald Bridge No. 1) passes the university gates on Coburg Road at 3:30, going directly downtown and across the bridge. Although this one bus runs at the time of greatest demand, it leaves those of us who will watch the sun set through classroom windows this winter to tackle the usual three or more buses home later in the day. The fare structure prevents expansion of the direct transit service. All

of us who have in the past regularly bothered the games room attendant or the Killam circulation desk ladies for our quarter, two dimes, and a nickel of exact fare, can easily imagine the problem of preventing commuters from going all the way to Dartmouth without paying bridge fare.

But things are looking up. The notorious bridge bus crawl along Gottingen Street at rush hour will be alleviated by a new provision which will allow buses only to use

the center lane there and still take a right turn onto North Street. This shortcut saves ten minutes of travelling time, in most cases enabling students to catch the bus earlier than the usual one and maybe even get home before their supper has to be warmed over.

With the exception of the Woodlawn and Colby Village buses, which service the ferry crossings, the Dartmouth and Halifax Systems are timed to coincide as often as possible. Those cold winter waits at the terminal should not be more than ten minutes — that is, your bus should get you before frostbite does.

The Public Utilities Board does not allow a special student rate. As a result, a minimum of twenty dollars a month eats into tight student budgets. Car pooling is the best alternative. If you are interested in trying to save some money and bother this way, but do not know the commuters in your area, then just consult the Student Ride Board in the lobby of the S.U.B. for information.

As assignments get heavier, it is the loss of time which begins to hurt more. To save time by getting better connections, it is wise to pick up bus schedules in the buses or at the S.U.B. enquiry desk and also take advantage of Transinfo at 426-6600.

And it will not be too long before you will find that reading and sleeping on the number eleven (if you are lucky enough to get a seat) is all just a part of student survival.



The Dalhousie to Dartmouth bus is still in operation as a method for students to shorten travel time.

Dal Photo / Mooney

AFS increases students' fees

by Allan Zdunich

Delegates to the Atlantic Federation of Students (AFS/FEA) executive meeting decided to recommend a fee increase for membership in the organization.

At the September 25 and 26 conference held in Halifax, delegates felt that AFS/FEA should hold referenda on each campus to allow the students to decide if they wish to belong to AFS/FEA. Membership/fee referenda were seen as a way of delivering the AFS/FEA message to the student body.

"It's important for students in the Atlantic region to understand that the provincial governments work very closely on student aid and educational policy, and that the AFS/FEA is the only working student organization which takes into account problems of a regional nature." John Colville, Nova Scotia Caucus Chairperson, stated at the conclusion of the meeting.

The fee referenda also includes an increase to \$1.00 per capita for each student in the member institutions. Colville explained that "In the past, AFS/FEA has been unable to work beyond the policy phase of student activity because of a shortage of funds and the lack of a central coordinating mechanism." A fulltime employee was seen as a possible way of achieving a coordinating mechanism. The fee increase followed the thinking of other student organizations, such as: the National Union of Students (NUS/UNE), Ontario Federation of Students (OFS), B.C. Student Federation (BCSF), and the Federation of Alberta Students (FAS).

Representatives to the AFS/FEA executive meeting in June voted to



Representatives to the Atlantic Federation of Students (AFS / FEA) Executive meeting in Halifax September 25.

Dal Photo / Johnson

double fees in order to make the budget for the organization \$3000. Delegates to the September meeting felt this was still inadequate to make the organization viable. Representatives at the October general meeting will determine if the fee increase is to take effect. The AFS/FEA executive voted unanimously to support National Student Day, November 9th.

National Student Day is a day of concern, when students across Canada will examine government policies regarding education. On some campuses this will take the form of two hours of teach-ins, on others the cancellation of classes for day-long teach-ins, and on others protests at the legislature. National

Student Day is November 9.

The motion of support was moved by the Nova Scotia Caucus Chairperson, John Colville, and seconded by the New Brunswick Caucus Chairperson, Ken Hefferman. The motion read: "be it moved that the Atlantic Federation of Students/Federation d'étudiant d'atlantic executive will actively support and participate in National Student Day through its Atlantic organization."

Representatives announced plans to prepare at least two posters, and at least two pamphlets for the Atlantic region regarding National Student Day. The NUS/UNE poster will not be used in regional advertising of National Student Day.

The Atlantic Regional Coordinator for National Student Day, Don Soucy, told the Gazette that the Nova Scotia College of Art and Design (NSCAD) will prepare the first poster for AFS/FEA September 28 and will start distributing it by October 1st. The first pamphlet will be ready the following week.

The agenda for the AFS/FEA conference October 29-31 in Sackville New Brunswick was prepared. Six items will be discussed by delegates: Student Aid, the role and direction of AFS/FEA, campus services, Federal-Provincial Educational Financing, National Student Day, and employment.

Halifax Life

The purpose of this editorial is to provide background information to our front page news article on the 4th Estate's Entertainment Supplement called "Halifax Life".

For those new to the city, the 4th Estate is a local weekly newspaper, **Halifax Life** is the entertainment section of the 4th Estate. The current newsstand price for the 4th Estate is 30 cents, this includes **Halifax Life** which is a regular weekly supplement.

Nick Fillmore, publisher of the 4th Estate, or N.I.F. as he prefers to be known as, is also publisher of **Halifax Life**. **Halifax Life** is a collection of Entertainment articles and advertising that in the past appeared in the regular portion of the 4th Estate. Fillmore has gathered together these Entertainment items and ads into one section of his paper. This section, known as **Halifax Life**, is distributed free in several locations throughout metro.

Last week Fillmore appeared before the Student Council Executive to argue that Dalhousie should allow him to distribute **Halifax Life** on the Dalhousie campus.

Fillmore did not want to distribute the 4th Estate free on campus, as it is already available for 30 cents in the Bookstore. Instead Fillmore only wanted to distribute the Entertainment and Advertising supplement known as **Halifax Life**. Fillmore wanted, and still wants to sell the 4th Estate. But he wants to distribute **Halifax Life** free to boost the circulation figures for **Halifax Life**.

The issue at hand is money - there are a limited number of dollars in the Halifax-Dartmouth advertising market. Fillmore is currently in competition for those dollars. The **Dalhousie Gazette** is also after those dollars, but only after those that deal with university customers. We are after a much smaller share of the market than Fillmore is.

In the recent appearance of the "new format" the 4th Estate, Fillmore explained how he wants to pursue a readership that is upper income. This is not inconsistent with his wish to generate more dollars for the 4th Estate. And of course it would be natural to want part of his readership to be those upper income people at Dalhousie. What is somewhat perplexing is his wish to have those people at Dalhousie receive **Halifax Life** free, because then he loses the potential of selling them the 4th Estate.

The matter becomes somewhat simpler if we realize that the way Fillmore offsets these costs is by counting those free editions of **Halifax Life** into his circulation figures and charging advertisers a higher fee.

At this point we realize that those "free" copies of **Halifax Life** are not so free. In fact they cost us money.

If, as we mentioned above, there is a limited amount of money for advertising in the city, then Fillmore can only get it by taking it away from some other publication. The situation then is quite obvious, if Fillmore wants to distribute on campus each week he must want to get the advertising dollars that are spent advertising in

The **Dalhousie Gazette** is the weekly publication of the Dalhousie Student Union. The views expressed in the paper are not necessarily those of the Student Union or the editor. We reserve the right to edit copy for space or legal reasons. The deadline for letters to the Gazette is the Monday preceding publication. No unsigned material will be accepted, but anonymity, if necessary, will be granted. The **Dalhousie Gazette**, Canada's Oldest College Newspaper, is a founding member of the Canadian University Press. The **Dalhousie Gazette** office is Room 334 of the Student Union Building, telephone 424-2507. The subscription price is \$5.00 per year (27 issues).

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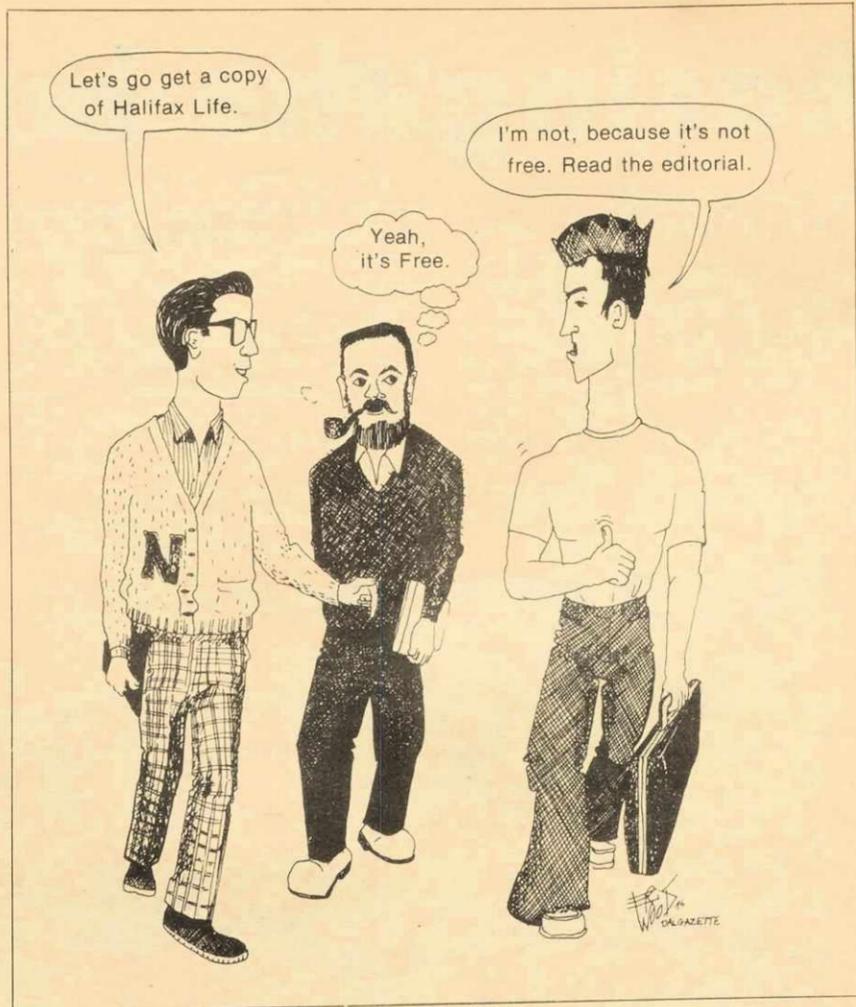
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university publications.

The only weekly newspaper at Dalhousie is **The Dalhousie Gazette**, and the only way Fillmore gets those dollars is if he takes them away from the **Gazette**. Up to this point the situation is quite clear and above board, but it now gets a little grey.

To get those advertising dollars Fillmore has lied to his advertisers and ours; he has told them **Halifax Life** is distributed free on the Dalhousie campus after he was specifically told by Student Union President Gordon Neal that it could not be. Neal advised Fillmore that **Halifax Life** was out until council decides otherwise.

As is mentioned in the front page news article Fillmore told advertisers immediately after the meeting that he won the decision and the SU Executive would allow distribution of **Halifax Life**.

As we mentioned in the case of **Kelly's**, to pick an example, it was only the personal intervention of Gord Neal that convinced **Kelly's** that they had been lied to. Fillmore knew what he was doing, he was playing the ad market for dollars, and if he had to lie a little, "well life's rough."

The **Dalhousie Gazette** does not oppose Fillmore's right to sell the 4th Estate on campus, nor do we oppose his right to sell **Halifax Life** on campus. But we do oppose something.

We oppose Fillmore's decision to claim that **Halifax Life** is distributed on campus since it is not, and further to tell advertisers that it is.

When Fillmore gets a dollar from the campus some of that dollar comes out of your pocket.

Think about it.

Letters To the Gazette must be typed if over 100 words. Letters must be less than 600 words. They will not be edited for brevity, coherency, or other reasons. Letters will be published as soon as possible.

Persons submitting letters must provide their name and a telephone number, or some other method of reaching them, should there be some question about their identity. The use of pseudonyms will be considered in some cases.

Letters

To the Gazette:

The **Gazette's** September 9th foray into the housing field, (consisting of a front-page headline and article, map, editorial, and cartoons), may have served to unburden the social consciences of the staff, but it did precious little to encourage informed debate on an important issue.

Always in the forefront of innovative, investigative journalism the **Gazette** spared no effort, it seems, to expose the sordid housing fiasco which, it feared, would soon produce shanty towns of tents filled to overflowing with homeless students - victims, it believed, of the "callous and insular" outlook of the university and "pawns" in the hands of the magnates of monopoly capitalism. Starved for policy state-

ments from the administration the **Gazette** turned to conversations which, it said, might be heard "in any of the lounge areas on campus." Still not satisfied it had exhausted all available resources the **Gazette** also turned to a month-old article in the **Mail-Star**. It did not occur to the **Gazette** to ask for the full facts from fellow-students involved in housing, working in the same building. The **Gazette**, it seems, prefers to get its news second-hand.

Presuming positive action requires reasoned analysis rather than mere rhetoric, the following facts are presented for the consideration of those sincerely concerned with student housing. Knowing what has been done is the first step towards knowing what remains to be done.

Continued on page 5

Comment

Day Care at Dal

by Linda Stewart

Dalhousie needs a day care centre. The child care centres on or near campus are unavailable to most parents because of long waiting lists or less than full-time facilities.

The Centre for Child Development on campus is not a day care facility. It is a playschool, which accepts children for half days only. It is not government subsidized, although the university supplies the site, and fees are high.

The University Children's Centre, located in the Married Students Housing complex on Wellington Street, is an excellent, full-time, government-subsidized day care centre. At present, the waiting list is 85-90 families. This facility is run by the Student Housing Society, and is first available to students living in the complex. Anne MacQuarrie, the Director, explains that preference cannot be given to students outside the complex as it is a public centre, funded by the government. She estimates that 80% of the parents are students, and the rest are university staff and others, mainly professional people. Care is offered full-time, or for half days, and fees are subsidized according to income.

A telephone survey of Halifax

area public day care centres revealed few openings and waiting lists in many, particularly the well-established, centrally located facilities.

• Adult education is a valid function of any university. Any effective adult education program involves consideration of the problem of day care for students' children. There are no statistics on the number of Dalhousie students who require day care services, because the question is not asked on any of the registration material.

Ideally, day care would be available for both day and evening students, and an hourly babysitting service would be located in the library. This would give a parent the same opportunity to learn as any other student.

Both The Centre for Child Development and The University Children's Centre take children for half days. Few students can manage a half day schedule. Therefore the centres are being used for learning enrichment by parents who do not require day care. They are government subsidized playschools to free housewives for bridge and shopping. Most universities acknowledge their responsibility to provide day care facilities on campus.

At Dalhousie, Director Anna

Comment is an opinion column open to members of the university community who wish to present an informed opinion on a topic of their selection.

Keefe of the Centre for Child Development rightly says that the Centre was not intended to function as day care. It serves the dual purpose of its title and to provide research facilities for the university.

A playschool is an excellent educational device. But in view of the 85-90 families who are waiting for day care for their children, could it not be converted into a full-time facility for those who require it?

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Continued from page 4

On-Campus Housing:

- Agreement was reached with St. Mary's to make available 120 spaces for the Fall of 1976. A similar agreement was made with Pine Hill Residence for 80 spaces. As of September 21st there still remain rooms available at Pine Hill.
- According to Deans Irvine and Chanter the waiting lists for residence are much shorter than in past years. Indeed, given the number of rooms presently unclaimed there may be no waiting list at all. With this decrease in demand, overcrowding on residence facilities can be remedied.
- As of September 21st spaces were still available for women at Kings College.
- The purchase of the Glengary Apartment building by the University made available accommodation for 60 women.
- It is submitted that, to the degree students turn down available residence accommodation in favour of off-campus housing, they contribute to the strain on the limited supply in the peninsula thereby hurting low-income tenants who do not have the choice of living in residences reserved for students.

Off-Campus Housing:

It is here that the most acute problems arise. As stated in an interview with the Mail-Star, but not cited by the Gazette, there is no question but that there is "a shortage of low-rent apartment-type dwellings in the immediate vicinity of the universities." Having identified the issue let us look at how it has been addressed:

- More than 1000 spaces were made available through the University Off-Campus Housing Office during the past summer. Mrs. Hambling, the Director of that office has strongly supported student requests for more conventional apartment facilities rather than enlarging residences.
- Over 3000 flyers were circulated in the vicinity of the University requesting new listings with the Office. In addition advertisements were taken out in the local dailies.

As a result many units previously unlet were brought onto the market without dispossessing established tenants.

- Through the efforts of Mr. John Graham, Director of Housing, 80 rooms were made available at the Lord Nelson Hotel on a monthly basis. There are still some rooms available. Arrangements were also made for the provision of rooms at reasonable rates for those requiring temporary accommodation.
- New listings were secured with nearby tourist homes and the Halifax Business Academy. From reports these have proved most satisfactory.

Such is the housing situation at the present moment. It is less than perfect but, I submit, it does not constitute a crisis.

Barbara Beach
Student Union Housing Secretary

The front page article on Housing in the 9 September issue was not intended as a telling indictment of the housing situation at Dalhousie or those responsible for housing. It was though a warning cry and possible word of advice for those facing a need for accommodation and insufficient funds to meet that which is available.

Perhaps, since there are many others in Halifax who have investigated the student housing question we were not totally wrong if we agreed with the many rather than a few. Editor's note

Thank-you

To the Gazette:

The dedication of your Student Handbook to my husband caused me to thrill with pride even while I experienced afresh the continuing deep sorrow I feel because of his absence from my life.

It was such a beautiful thing to do, and so beautifully done. Nothing would have pleased him more or given him such a satisfying sense of true achievement.

With all my heart I thank each and every one of you who participated in such a wonderful testimonial.

Miriam Guptill
continued on p. 6

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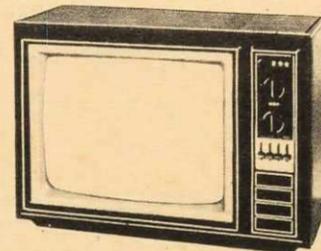
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WELCOME!**

by the Counselling & Psychological Service Staff

People are often confused by the world "counselling". The name provokes a range of connotations: picture the legendary high school guidance counsellor helping students arrange classes and holding disciplinary talks with tardy students; and, then there's the stereotyped psychoanalyst who stretches patients out on couches and charges a fortune.



Dalhousie's Counselling and Psychological Service Centre, like other university counselling services, is staffed primarily by doctorally-trained psychologists. Consequently, the services offered are based on the principles of psychology rather than those of psychoanalysis or education. In psychological intervention, the counsellor's role is not to cure diseases but to help clients LEARN more effective ways of behaving and thinking.

In our view, the longterm solution of most difficulties lies in the learning of skills and mental strategies that enable a person to cope successfully with his day to day problems. Counselling is a joint problem-solving effort; our goal is for the client to develop self-control and direction rather than become dependent on our counselling services and techniques.

You can see a counsellor either individually or through one of the developmental programs. The latter are designed to help the student

develop the capacity to cope successfully in the university environment and includes the following programs: management of test anxiety, study skills, career planning, control of tension headaches and social skills development. Sex and relationship counselling is offered to couples on an individual couple basis.

Centre services are open to all students. The concerns that bring people to the Centre range from concern over poor study habits or low study motivation, to debilitating anxiety or depression, to the inability to form productive relationships with others. Confidentiality is carefully observed; no information is released without the student's consent.

The Centre's Resource Room is open from 9 to 5 pm and contains a variety of educational and career planning aids, including university catalogues, and Occupational Information Monographs.

Students are encouraged to make appointments by calling 424-2081 or dropping up to the Centre, 4th floor of the SUB, weekdays, 9-5 pm. A staff member can usually see a student immediately if necessary, but generally appointments are made a couple of days in advance. There is no charge for general counselling services.

In later issues of the *Gazette*, Counselling and Psychological Services staff will describe in more detail the development programs and the format of typical counselling sessions. But don't wait to read about us - students and faculty are invited to come in for a cup of coffee anytime.

Continued from page 5

Anti-gay

To the *Gazette*:

I have had just about enough of the "Gay" content in your newspaper lately.

Eight thousand students at Dalhousie are paying \$50.00 in student union fees, an undisclosed portion of which goes to the *Gazette*; so we are paying for those "free issues" that we pick up. If there were any way that we could ensure that our money not go to the *Gazette*, believe me, the 90% of us that are not homosexually oriented would do so.

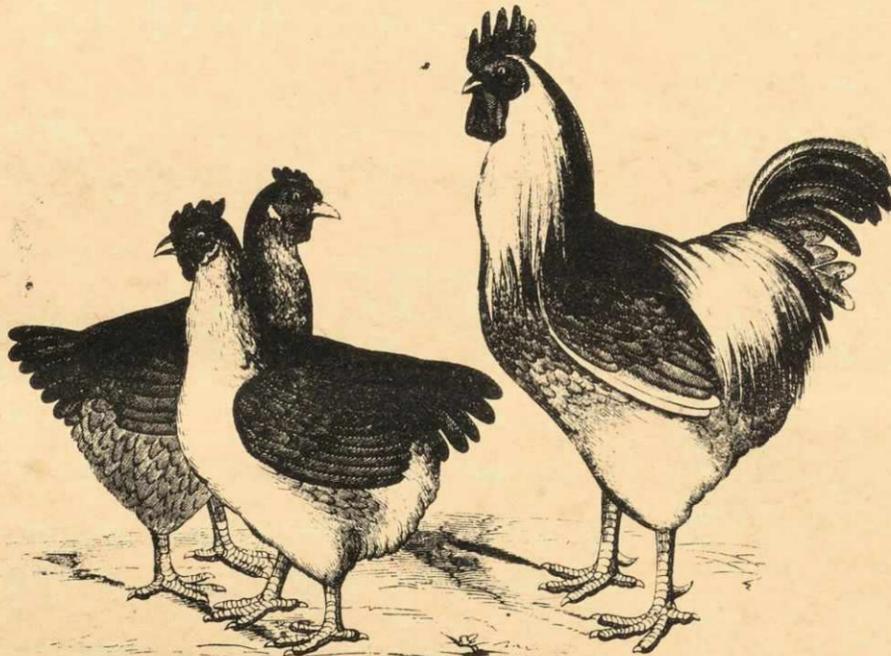
The *Gazette* is supposed to be a university newspaper and as such should provide good reading material to the entire student body. By your own statistics only 10% of the population is gay and yet you have devoted 40%!! of issue #3 to this minority group. Now you may say that you are printing this garbage for everyone to read, but face it, enough is enough!! It is not that we are "Victorian prudes" (yes I read your introduction on Pg. 9), because we know gays exist and there is nothing we can do about that (apparently you are now considered mentally, though not emotionally, normal), it is just that we don't like to (nor should we have to) be exposed to it. It is something that just does not call for such widespread publication.

Hell, did you know that 95% of the population masturbates (yes, even your grandmother), and it is very normal and natural (moreso I suggest than homosexuality, which you call natural), yet do you write about it? Of course not, it is simply one of those things that you don't publicize.

Listen "Gays" we all know you exist and that is all we want to know. We really don't give a damn about whether monkeys do it, or where your last and next meeting was and/or will be; so knock it off!!

I sincerely hope that other students will take the time to follow my example and issue a vote of non-confidence to the editor.

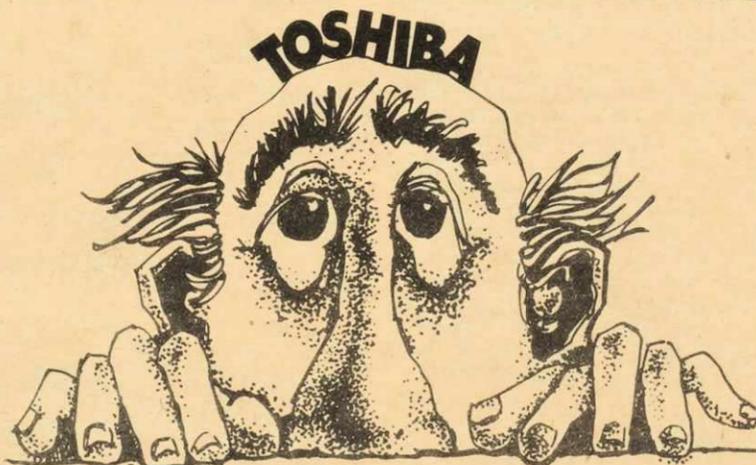
Continued on page 7



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CIC problems

by Susan Johnson

The Committee for an Independent Canada (CIC) formalized communication links with their Quebec counterpart the Conseil Quebecois de Developpement Economique et Culturel (CQDEC) at their 6th annual general meeting held recently in Lunenburg, Nova Scotia.

The CQDEC was established last spring by the CIC when they recognized that they were having little success recruiting in French Canada. The CIC hopes that a separate structure in Quebec will attract French Canadian nationalists to their cause.

The aims of the CQDEC are, not surprisingly, quite similar to those of the CIC. Their unique interests are recognized in one of the resolutions passed at recent Lunenburg conference: they are to pursue "national economic independence in keeping with the needs and concerns of Quebec society".

However, it is clear within the same resolution that this autonomy for Quebec is quite limited. The CQDEC's moves towards independence must "be complementary to and convergent with the aims and objectives of the CIC".

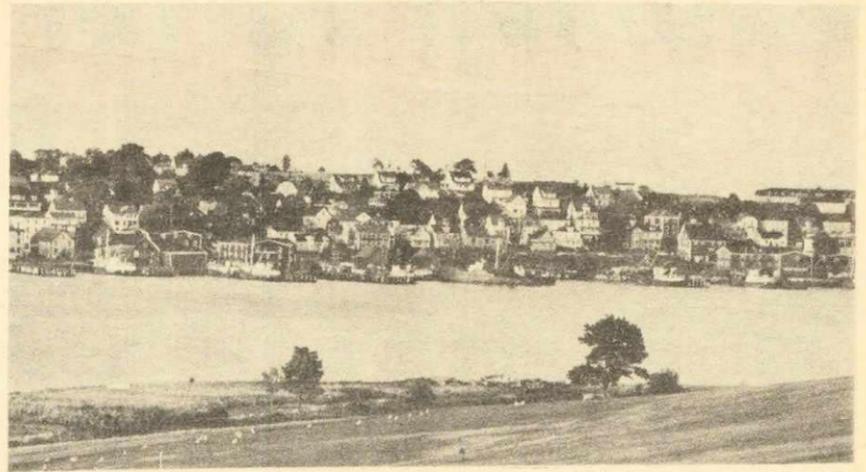
As part of their new relationship with French Canada, future annual meetings of the CIC will be conducted in both Canadian languages.

This weekend meeting was locally organized by the Lunenburg chapter of the CIC, marking the first time in the organization's short history that the annual meeting was held in the Atlantic region.

It was poorly attended, attracting only fifty delegates. None of the well known Canadian nationalists such as Flora MacDonald, Peter C. Newman, Pauline Jewett or Walter Gordon managed to attend the meeting, the most well known guest being MP David MacDonald from Prince Edward Island. He gave a keynote address on regional development.

For the upcoming year, Albertaborn engineer Brian Willson was elected to the position of chairperson of the CIC. Presently, he is associated with several large companies in Canada including the Engineering Institute of Canada, the American Gas Association and the Canadian Nuclear Association. As well, he is a member of a few of the proper country clubs including the Royal and Ancient Golf Club of St. Andrews, Scotland.

Willson's address to the conven-



When the Committee for the Independent Canada met in Lunenburg earlier this month none of the founders were present.

Dal Photo / Johnson

tion delegates was dominated by references to the American control of the economy and notably lacking any references to the cultural and educational aspects of American imperialism.

A major problem at the annual meeting was the lack of information about past decisions and resolutions of other annual conferences. Apparently, there were no records

available of policies adopted even one year ago.

As a result, most business from this meeting was tabled for fear of contradicting an already existing but unknown policy.

Plans have been made to rectify this situation for the future so that by next year's conference they will be able to act on some of the waiting resolutions.

Continued from page 6

Which, finally, brings me to you Zdunich. The responsibility is yours as it is only since you have been editor that the existing situation has blown (no pun intended)-up, and so much attention has been given to the gay movement in **the Gazette**. I personally suggest that you resign your post to someone with no religious, political, ethical, moral or sexual biases (I wonder if such a person exists). Otherwise you will receive more letters from myself and others about people who:

- 1) pick their nose 23.2%
- 2) fart in the bathtub 18.9%
- 3) eat shit 12.4%
- 4) sleep with a teddy bear . 15.7%
- 5) all four of the above 11.2%

All of these categories of people are in more of a majority than are gays, and yet do they receive any publicity? No!!

I am not trying to satirize this issue I am merely trying to make my point, and I think you got it.

Sincerely yours,
Barry Goldman

Your point? No, I don't think I did get it.

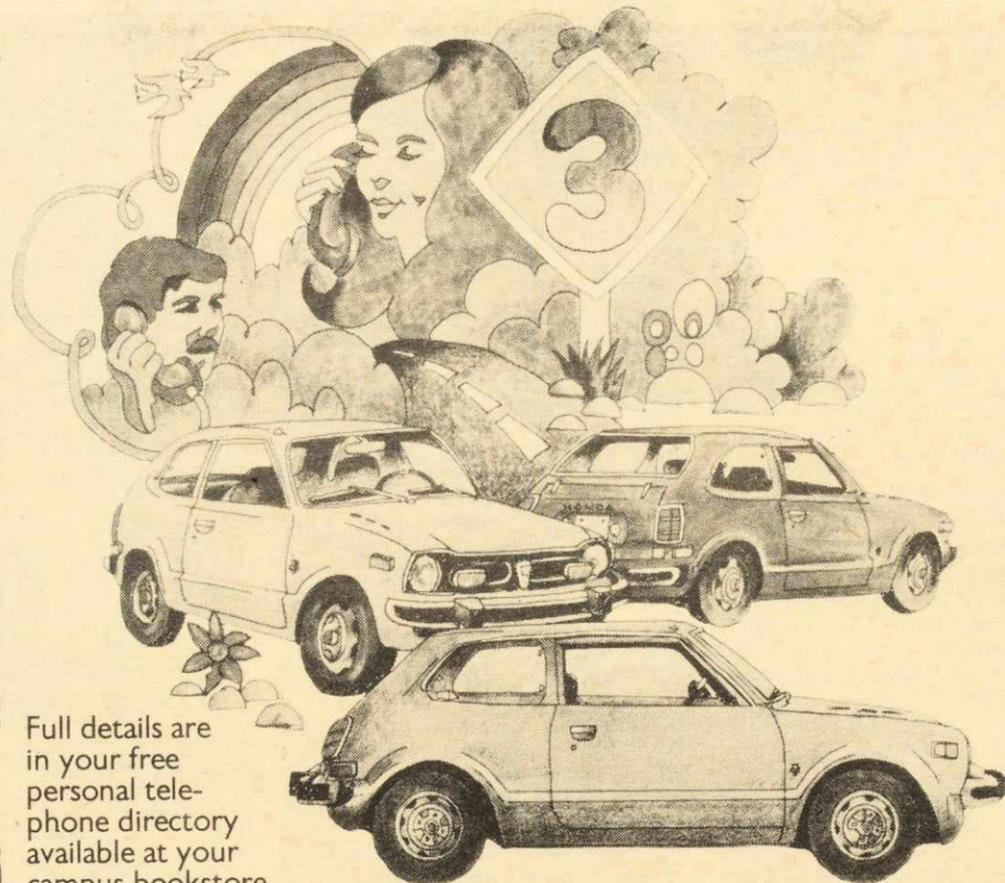
You invoke statistics (false one's, I might add) as a reason for discounting the validity of the gay issue. Did you object to the **Dalhousie International Supplement** on these same grounds? Are you saying that we should not address issues that concern minorities of students: like football games, theatrical productions, or guest lectures?

The **Dalhousie Gazette's** concern for the rights of Canadian citizens is not limited to those that are white, male and middle class. We believe that we must concern ourselves with the plight of minority both in Canadians university and outside it. It is this concern that brings us to discussions of students aid, international affairs and gay rights. It is this same concern that spur more discussion in the future.

If these discussions disturb you, that's too bad. We think they are important.

In fact, we think that is our job.
Editor's note.

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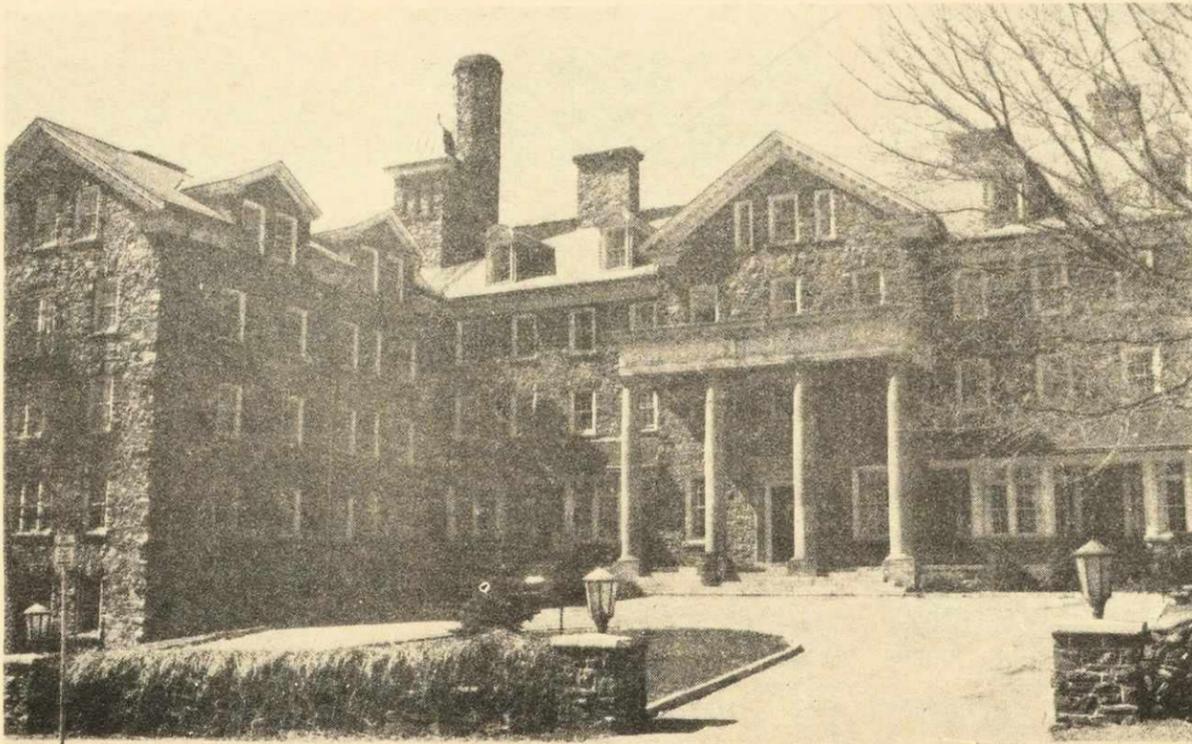


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Women suffer discrimination



Dalhousie continues to maintain its policy of treating male and female students differently by imposing curfews on female, but not male students.

by Donna Treen

The reality of open hours at Shirreff Hall appears to remain in the distant future.

Discussions with students in the women's residence revealed that a proposal had been presented to Vice-President W. Andrew MacKay last May. Since then, there have been no apparent results.

The proposal requested open hours for males on weekends. At

the moment, all males must leave the female residences by 3 a.m. Under the proposal, men would be signed in by a female resident, using a number rather than her name.

Two years ago a survey had been conducted regarding other universities' open hours rules. A few co-ed universities admitted having problems. The survey is now outdated and a former member of the

committee now suggests that another be taken.

Half the Shirreff Hall residents are first year students. Some are in their twenties and have lived on their own before coming to Dal. All are, however, required to follow the "freshette" rules.

Any student intending to be out of residence after 10 p.m. must sign out, and later fill in the time of her return.

1st year leave of absences before Christmas include regular 1:30 a.m. returns, five late leaves of 2:30 a.m. a month, and seven special late leaves of 3:30 a.m. per year. Permission for these special late leaves for "freshettes" must be obtained from the Dean of Women, or in her absence, by the president of the residence council. Permission for weekend leaves must be obtained from the Don on the floor. Overnight leaves are permitted only by the Dean, or, in her absence, the president of the residence council. These leaves count as 2:30 a.m. leaves.

No such rules apply to first year male students. Howe Hall residents do not have to sign in guests. Women are allowed in at any time.

When asked why female students must sign men in, Dean of Women, Christine Irvine explained that "girls expect more security than men." Parents worry more about their daughters, the Dean added, and feel better with the present regulations. Once a woman has finished her first year at Dal, she has unrestricted leaves.

Ardmore Hall, a Dal residence which houses sixty women, supposedly runs by the Shirreff Hall rules. Males are allowed into Shirreff at 9 a.m. Saturday and Sunday, but not until noon at Ardmore.

Ardmore Hall does not have a residence council. Residence activities, therefore, are not planned for Ardmore Hall inhabitants. This year, each Ardmore resident paid a fee to form a residence council, but nothing has yet been done.

Gov't closes store

by Trish Aikens

Could it possibly be time for Pierre to step down? Apparently many Haligonians think so, and no doubt there is a multitude of Canadians who feel the same way.

The Feds want to save money, and so as a part of their general cost cutting programme they have gradually phased out of existence Government bookstores all across the country. Unfortunately for Trudeau, it seems his popularity is going the same way.

According to Ken Moran, the manager of the Government bookstore in metro, many people have expressed negative opinions against our current P.M. and his decision to close the bookstore. They believe this Government project to be worthy of the taxpayers money whereas other existing Government programmes are not. "Everyone is upset about it", he says.

Some of the publications in the bookstore included: Between Friends - a dedication by Canada to the American Bicentenary; The

Canada Year Book, in both French and English editions; The Fit Kit - a unique package designed to keep you fit not fat, and also books pertaining to aviation, tide tables, flora and fauna, the arts, the Economic Council of Canada and a legal section.

But apart from selling books, the bookstore was also an information centre where people could get all their questions answered. Bill Lawrence, the assistant manager of the store says that besides providing excellent services in the area of

government documentations, publications and general service information concerning various government departments, the bookstore was the only location to where individuals from all walks of life could come, in order to find direct

avenues to all Government services. Although Lawrence says the closing will have an adverse effect on both students and professors, he feels that it will be more to the detriment of the students because they cannot as easily obtain the material.



Dal Photo / Mooney

In a supposed economy move, Prime Minister Trudeau and his Nova Scotia Cabinet colleague Alan MacEachen eliminated Information Canada.

The Government bookstore in Halifax has been in operation for ten years. It was the last one in Canada to open under the Pearson

Government and is now the last one in Canada to close under the Trudeau government. Many people were unaware that the bookstore was still open and most likely this confusion was brought on by the fact that Information Canada was closed last March. "Information Canada was a completely different section" says Moran. "It consisted of a bookstore, inquiries and expositions." After that was closed down no more free material was obtainable. He believes that the Nova Scotia section, which is also completely apart from the Federal bookstore, will remain in operation for as long as possible. That's one consolation, and possibly another point chalked up for the Preem. However, the P.M. may not be so lucky when the next election rolls around.

Less spent in Atlantic

OTTAWA (CUP) -- University enrolment is up and will continue to rise, according to a report from Statistics Canada.

But over-all enrolment in the education system declined, mainly due to the falling birth rate during the 1962-73 period, the Stats Can report says.

During this period education spending rose to \$9.6 billion from

\$2.3 billion, almost twice the rate of growth in the Gross National Product (GNP), the report says.

Meanwhile, the federal share of education expenditures dropped to 10.2 per cent from 14.9 per cent while provincial spending rose 60.7 per cent from 43.6 per cent, according to Stats Can.

Federal proposals for future cost-sharing with the provinces

when the Fiscal Arrangements Act expires next year include tying the federal contribution to the rise in the GNP and transferring tax powers to the provinces, replacing the current system whereby the federal government funds account for 50 per cent of provincial expenditures.

The report also notes that while workers in the Atlantic provinces absorbed a greater per cent of education expenditures than their counterparts in Ontario and the West, less was spent on students in that region.

Discrimination?

Potential fee increase

At the NSCAD Board of Governors meeting Wednesday 29 September, student members Brian Perkins and Don Soucy were able to defer the proposed fee increase for International Students.

by Allan Zdunich

Brian Perkins, President of the Student Union at the Nova Scotia College of Art and Design (NSCAD) announced plans September 27 to fight a proposed fee increase for international students at NSCAD.

College President Gary Kennedy announced in a memo in early September that fees for International Students at NSCAD would be doubled from their present \$780.00 to \$1,560.00 effective January 1977. Kennedy will be presenting his arguments for fee doubling at the annual meeting of the Board of Governors Wednesday 29 September. Fee increases must be decided by the Board of Governors; there are two students on the Board. As with all NSCAD annual meetings, a senior member of the Nova Scotia Department of Education will be in attendance. Student leaders are not sure if the presence of a Department of Education representative will affect Kennedy's presentation.

Nova Scotia has a high proportion of International Students, many of whom are Americans. It is Kennedy's view, in his memo that the Americans have come to Canada for a cheap education and he only wants to make the cost comparable to similar programs in the U.S. Kennedy does not feel that there is a problem for third world and other nationals although their fees will also double.

Dalhousie

by Malandwa Mwendapole

4.5 per cent of students in Canada are international and the percentage is slightly higher in Nova Scotia. There has been no indication of such an increase at Dalhousie. However, the *Gazette* has spoken with some International Students to discover the effect upon them if such a move was made.

A student from the West Indies says that a doubling of fees would put him in a financial crisis, inevitably forcing him to work. He pointed out that he was an asset to the economy in that he brought money into the area.

A man from Hong Kong has been forced to go and look for work in the United States to raise his funds.

A student from Africa has indicated that it would be economic suicide for her in the event of an increase. Her country can only allow a limited amount of funds for her studies. It would be impossible for her to balance out her situation and she would probably be forced to stop her studies halfway.

A case study of foreign students without financial means in Canada was carried out by the Canadian Bureau for International Education in Ontario. It tells of a Hong Kong man who came to Canada after having worked for seven years as an electrical technician, saving his money to come to Canada. At that time his father, with six other dependants, sold his house in order to supply the \$5,000.00 the man needed to finish his Bachelor in Electrical Engineering. He lived a minimal subsistence level allowing himself \$15.00 a week for food in order to be able to obtain his degree, which he did in the spring of 1976. He has subsequently returned home.

But how many more cases have we like that? If we push them into the corner, what have we gained?

In his September 2 memo, Kennedy stated: "The policy does not seek to discriminate against foreign or out-of-country students. It does not seek to limit the attendance of students from out-of-country at NSCAD."

Perkins replied to Kennedy's assertions: "These considerations are based on half truths, total misinformation and ill-logic. The administration has made absolutely no attempt to solicit student opinion on the matter."

"It is necessary for a flourishing art community to have different geographical and cultural influences. This fee increase will set very strict limitations on the type of people who will be able to contribute to the Halifax art community. Unless you equate creativity with wealth." Fine Arts rep Don Soucy told the *Gazette*.

Student Union President Brian Perkins told the *Dalhousie Gazette* Monday, "The defense of the fee increase is an open play to nationalism, but it covers up the true national versus international art conflict at NSCAD."

While Kennedy has used the need for more revenue as grounds for the fee increase, student leaders challenge this assertion.

Kennedy's memo stated "Student fee income has not been increasing at the same rate as has the cost of operating the college, or at the same rate of increase as other revenues. The added income from increased fees to out-of-country students is substantial. However, it is along with the general increase in student fees introduced in 1976, a move to solve the problem of student fee income."

Student leaders at NSCAD are citing the recent decision of the Senate of the University of Manitoba to refuse to charge differential fees. While elsewhere in the country it is the provincial governments pressuring colleges, at NSCAD, it is the college itself deciding to impose differential fees.

At a general meeting 5 November, 1975, Kennedy announced plans for a pending fee reduction.

At a second general meeting, held 17 March, 1976 Kennedy announced plans for a possible fee increase. Many students replied that rather than a fee increase for all students, NSCAD should increase fees for only non-Canadians. The feeling was that since most International Students at NSCAD were (and are) from the United States, they were in Canada partly to receive an education cheaper than they could receive one in the US.

Students urged Kennedy to hold the line on fee increases, but if necessary, then to raise those for International Students only. The tuition fee increase at the time was in the range of \$50.00 to \$75.00. Kennedy refused to impose differential fees.

On Graduation Day in May, Kennedy announced a fee increase of an unspecified amount. There was the possibility of raising fees for International Students by an amount greater than for Canadians.

Continued on page 21

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Hunter on Greenpeace



Dal Photo / Walsh

Bob Hunter of the Greenpeace Foundation lectured to a pitifully small audience.

by Wayne Ingarfield

"I'm not red or white, I'm green! And I don't give a shit about your politics!" replied Bob Hunter, President of the Greenpeace Foundation when harassed by "political activists" who attended the "Greenpeace Conspiracy", a lecture held in the McGinnis Room on Monday, Sept. 20.

The purpose of the lecture was to outline what Greenpeace is and to show the Greenpeace version of the major news events they have been involved in since the group's organization in 1971.

The Greenpeace Foundation was formed when a group of concerned people decided that it was up to them to oppose American nuclear testing in the Aleutian islands. They used a method devised by the Quakers. They bought an old halibut seiner which they sailed into the test site. Since the Americans could not detonate the device without risking injury to the Greenpeace people, they postponed the tests for a month. As a result, the Greenpeace sailors eventually ran out of supplies and fuel, and had to leave the test site. They were invited to enter an American port by the U.S. Coast Guard, accepted, and were immediately arrested for violation of a tariff regulation enacted in 1920, and, added Hunter, "probably never used since then." The tests were finally carried out, but they were the last of such tests carried out in the area, now a bird sanctuary.

The method of sailing directly into a "trouble spot" and innocently interfering with an activity, whether nuclear testing or the killing of whales, is a simple yet an extremely effective method. By making sure that they are in international waters, they are breaking no laws and as such cannot be boarded, let alone arrested, for merely being in the way. Any attempt by a foreign country to do so would constitute piracy (by international agreement) with a resulting maximum sentence of death if convicted. No one has yet been convicted of piracy, but the episode which occurred with the French in the Phillipines could produce the first such conviction.

The trial is now taking place in Paris.

The charge of piracy was laid by Greenpeace Foundation, when their boat was boarded and crew beaten by a group of French commandos during the protesting of the French explosion of nuclear devices in the atmosphere. At the time France was the only country other than China continuing detonations. Since the Greenpeace episode both countries have discontinued these tests.

Another area with which the Greenpeace Foundation has been involved is the preservation of marine mammals. Hunter stated that of the ten species of whales hunted for profit, eight are now commercially extinct. The east coast harp seal population has dwindled steadily from an estimated 30 million at the turn of the century to one million or less today.

The Canadian Government still seems to be under the impression that we continue to have an extremely large excess of seals to harvest. In five or ten years, the harp seal will be virtually extinct unless the Canadian government realizes that something must be done.

In 1975 the Greenpeace Foundation decided to try to end this senseless slaughter by spraying the baby seals with a harmless green dye, making their pelts commercially worthless. As soon as these plans were made public, the federal government banned the spraying of seal pups, since they claimed it would prevent the female seals from identifying their pups. This finding was contrary to research carried out by biologists working for Greenpeace. It's hard to imagine a mother seal refusing to nurse her pup because it has some green dye on it when she will attempt to do the same after the seal has been killed and skinned (not necessarily in that order).

The argument in favor of sealing which politicians hold up to the public, and can always expect some segments of the population to sympathize with, is that so many poor maritimers depend on the sealing industry to survive. While

this may have been true years ago, Hunter states that it is simply not the case today. A commercial sealer earns one dollar for each baby seal he skins. He must also pay for his room and board on the ship, and doesn't make a cent until the ship shows a profit, Hunter said. The middleman makes \$20 per pelt Hunter told the audience and the company makes \$150 per pelt. Now try to guess where the pressure is coming from for the government to discourage the Greenpeace from drawing attention to the hunt. In the end, Hunter said, the average Newfoundlander makes an average of between \$300 and \$400 per year from sealing.

When Greenpeace arrived in Newfoundland to launch its protest campaign they were greeted by a public ready to lynch them, as the Newfoundlanders certainly had no use for anyone who was about to try to deprive them of a source of income they had inherited from their forefathers. This the press played up very big. The only thing they failed to emphasize was that in the end Greenpeace and half the community willing to go out on the ice with them.

So the Greenpeace representatives prepared to fly to the ice floes in their helicopters. But the federal government stepped in again, prohibiting a helicopter landing within three miles of a seal herd, as it would disturb the nursing females. No provision was made to prevent a huge ice-breaking sealing ship from crushing right through the middle of the seal nursery.

Evidently, a nursing seal is not disturbed by being crushed to death by a sealing ship.

Since the Greenpeace were now prevented from spraying the seals, they instead placed themselves between the defenseless seals and the sealers, as a result a few dozen seals were saved.

When it came time to collect the pelts the sealing ship simply sailed right through the nursery, crushing a few hundred more seal pups which could not get out of the way. The greenpeace then decided to save some of these helpless seals from being crushed by picking them up and moving them out of the way. Once again the Greenpeace were hampered by the Federal Government, this time being informed by Fishery officers that it was illegal to pick up a baby seal.

For next year the Greenpeace Foundation has formulated plans to obstruct the sealing operations, but this time they are not going to make public their new plans until their operations actually get underway, thus being ensured the government will not be drawing up new legislations at the same time as the Greenpeace are enroute the sealing grounds.

Two years previous to this, Greenpeace undertook the complicated task of making public the plight of the whale. At this time the only two countries still commercially hunting the whale to any great extent were Japan and the Soviet Union.

The method they used was the same as the one used to obstruct the sealing operations, only on a larger scale. They positioned themselves between the whales and the harpooners preventing the whalers from getting a clear shot at the whale without endangering the lives of the Greenpeace.

After locating the Russian whaling fleet, the Greenpeace went ahead according to plans. The Russians could not get a clear shot

at the whales when the Greenpeace got in the way so when they tired of the game they simply packed up shop and moved to a new location. The ship used by the Greenpeace Foundation was unable to follow because it did not carry a sufficient fuel supply for an extended journey. As a result of the Greenpeace endeavour nine whales were saved.

The following year Greenpeace leased a retired Canadian mine sweeper which was one knot faster than the Soviet whaling vessels. Whaling operations were at this time being carried out in southern waters just off of Hawaii. This time the Soviets (once they realized that they could not simply outrun the Greenpeace) halted their whaling operations and even went as far to cover up their harpoon guns, which are equipped with telescopic sights and explosive heads.

The Soviets recognized that they were the target of the media and they wanted no part of being held up and used as an example of a country willfully exterminating an endangered species. Eventually the Soviets sailed home without completing their operations. A truly significant number of whales had been saved from the bowels of the Soviet processing ships.

Of all the money claimed to be made from whaling in the neighborhood of 200 million dollars) the fact is that more money is made from live whales, books and films about whales, whales in marinas etc. A conservative estimate would be in the range of 500 million dollars.

Another example of the demented rational the Soviets and Japanese like to give the public is their claim that the whale is an important supplier of oils and protein...The fact is that everything provided by the whale can now be produced synthetically, and in any case, at the rate the Soviets and Japanese are exploiting the industry they are going to have to get used to finding alternate sources of protein when the whale becomes commercially extinct in another five years.

The Greenpeace Foundation is not only concerned with such endangered species as whales and seals, much of their activity concerns another endangered species man. Their main concern in this field is the development of nuclear energy. Greenpeace views the development of nuclear energy as being totally unacceptable. Hunter claims that anything possessing the destructive capabilities such as found in nuclear wastes should not be allowed to be developed for any reason whatsoever. If man had pumped the same amount of money into developing an alternate energy source to petroleum products such as solar or wind power he would already have developed an efficient cheap safe source of power.

"Canada", claims Hunter "is becoming a dealer in death". As it stands now Canada will sell a nuclear reactor to almost anyone who has the bucks to afford it. As a result any politically "Stable" country which wants nuclear capabilities can purchase them from Canada. This may include South Korea and Brazil, two countries noted for their brutal repression of dissidents.

In any case I'm quite sure the Campus Community joins me in wishing the Greenpeace Foundation every success in their future endeavors. Anyone wishing to join the Greenpeace Foundation, or wishing to get more information on their activities is invited to write the following address:

The Greenpeace Foundation
2108 West 4th Ave.,
Vancouver B.C.

Apple-picking retreat



Again this year a group of students will organize an "Apple Picking Retreat" hosted by families and orchards in the Annapolis Valley. For the weekend of October 8th, 9th and 10th, the students will spend time together - time picking the fruits of Fall - time contemplating the meaning of the season and their actions. Eating together, praying together, climbing and picking together, will form the common experience and basis of the retreat.

The money gathered from last year's venture, was used to support three poor families in India - for one year. "The fruit of our labour was felt by those who don't have things as plentiful as we have" said one student. The farmers themselves became enthusiastic about the venture and added their support not only by waving the price of room and board, but by joining in on the group discussion and liturgical

celebrations. This year we want to continue supporting poor families in India - sending a few dollars a month - sending a bit of ourselves. "What can we do?" is often asked. Pick a few apples and become conscious of the needs of others. Pick a few apples and become conscious of how much we have in

our own land. Pick a few apples and see generosity in all who pick. Pick a few apples and see the hand of God, generous in nature and people.

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Different ways to earn higher interest on your money. Making ends meet: budgeting and money handling (paying bills and meeting financial commitments, balancing your cheque book, affording a night out, etc.) Unlimited enrolment.

Prerequisite: Money to manage.

Offered Summer Fall Winter Spring

COMM 103 Principles of Student Loans.

Supervisor of Service: The Commerce.

Check with the Supervisor of Service for full description and prerequisites for enrolment.

Offered Summer Fall Winter Spring.



CANADIAN IMPERIAL
BANK OF COMMERCE

DALHOUSIE ASSOCIATION OF GRADUATE STUDENTS

FALL BY-ELECTIONS

THURSDAY, OCT. 28

3 POSITIONS OPEN

NOMINATION

FORMS ARE AVAILABLE AT THE GRADUATE HOUSE

NOMINATIONS

OPEN OCTOBER 4

CLOSE OCTOBER 18

ELECTION DAY IS OCTOBER 18

POLLING STATIONS WILL BE LOCATED

AT THE KILLAM LIBRARY

AT THE GRADUATE HOUSE

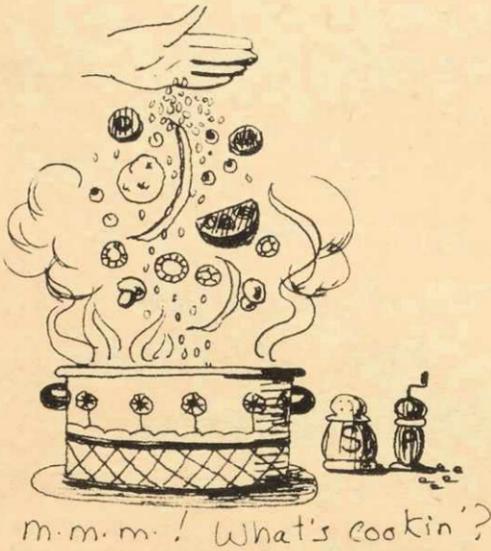
BRING YOUR I.D. CARDS

AND VOTE

Oil is also **naturally refined**. This means that no chemicals have been used in the processing and that the oil was filtered through diatanaceous earth or otherwise treated to remove the sediment. Naturally refined oils have a some taste and odor.

Unrefined oil tastes and smells strongly of the seed from which it is made. Seeds have been heated to 200° F and auger pressed. The oil is then bottled and sold. Raw means unheated and only olive or sesame oil can be raw. Hydraulic presses are used to squeeze the oil without heating it. The label "virgin" or "first press" means the processing of the olive oil end here.

Unrefined olive oil is green and tastes like olives, sesame oil is dark yellow and peanut oil dark brown. Soybean oil is so dark that it can only be used in baking where its strong odor and taste won't interfere too much with the finished product. Safflower oil has a lighter flavor which makes it an all-purpose oil. Corn oil tastes like popcorn and it not very good for salads.



Part V Diet for a small planet

In her book, **Diet for a Small Planet** Frances Lappé said that North Americans eat high on the food chain. We eat a lot of animal protein which in turn has eaten vegetable protein. This is expensive both in dollar terms and in world food terms. Lappé proposed that North Americans eat lower on the food chain but suggested that care be taken to substitute other foods in proper quantities and combination to ensure that enough protein was eaten from sources other than animal source.

Protein is vital to a diet because it alone contains nitrogen, sulfur and phosphorous-substances which are essential to life. Protein provides the framework for animals such as skin, nails and muscles. Children need it for growth and adults need it to replace old tissues and build constantly growing tissues like hair and nails. People are 18-20% protein by weight!

Protein is essential for metabolism. It contains enzymes, & hormones used in metabolic reactions. The important molecule which carries oxygen, hemoglobin, is also a protein.

Lappé studied the diets of people in other countries who do eat low on the chain and noticed that certain combinations of foods kept recurring. Corn and beans and rice and beans were two of the constants. In Lebanon, chick peas and sesame seeds are often eaten together. While studying these combinations, and the way protein is used in the body, she concluded that the amino acids of these combinations were complimentary. In other words, the combined foods together furnished the body with the eight amino acids it can't produce itself. The body produces 14 amino acids by itself; the remaining eight must be taken in through protein foods.

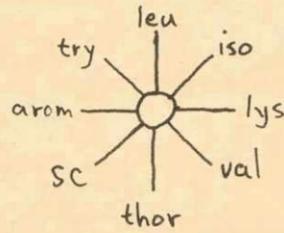
The only foods containing **all** eight of the amino acids are animal proteins such as meat, fish and dairy products along with soybeans and tofu (soybean curds). All other foods have only a partial number of these amino acids. So, if a person is planning to eat lower on the food chain, or a vegetarian diet, he will have to be careful to combine complementary foods so that his diet provides enough usable protein.

Lappé named the eight amino acids that our body can't produce: tryptophan, leucine, isoleucine, lysine, valine, threonine, the sulfur-containing amino acids and the aromatic amino acids. Not only does our body need each of the EAA's eight amino acids, but it needs them simultaneously to carry out protein synthesis. If one amino acid is missing, even temporarily, protein synthesis will fall to a very low level or stop altogether. We also need the individual eight amino acids in differing proportions to be effective.

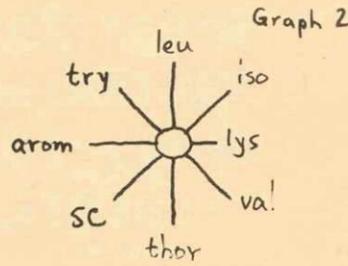
For instance, if seven of the EAA's are 100% present but the eighth in only 50% present, then you might as well have eaten only 50% of the other seven EAA's. The remainder are wasted. It appears that protein "assembly centre" in the cell uses the EAA's at the level of the lowest amino acid present. This is known as the "limiting amino acid."

Lappé refers to NPU-Net Protein Utilization. This is a measure of the protein we eat and how much of it is actually available to our bodies. The amino acid pattern of cheese eaten alone makes it high in NPU because the EAA's are present in proportionally effective quantities.

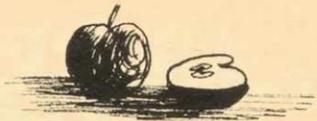
Here is a graph of a perfect EAA pattern. The EAA pattern of an egg is closet to this pattern.



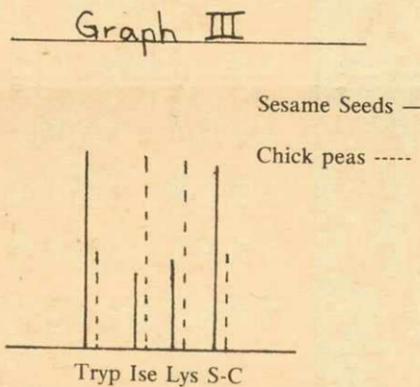
If a protein food is low in one or more EAA's such as lysine. (See Graph II) the usable protein is greatly decreased and looks like this:



Lysine was partially absent



The theory of combining complementary proteins states that should one food be deficient in one or more amino acids, it should be eaten with another food high in these amino acids. Chick peas, for instance are deficient in tryptophan and sulfur-containing amino acids. If combined with sesame seeds which are high in tryptophan and sulfur-containing amino acids but low in isoleucine and lysine, you will obtain an almost perfect amino acid pattern. This illustrated by two superimposed graphs. (Chart III)



Proteins are combined to complement each other.

All it takes to apply the knowledge is a familiarity with theory and the proportions. The book explains the practical application very well and even contributes recipes incorporating the food combinations. If you, like many others, do not find these recipes very good, do not be too discouraged. Frances Lappé had a friend of hers, an excellent cook, improvise much better recipes for the book-**Recipes for a Small Planet**, based on the NPU theory.

Lappé's theory is well worth investigating and applying. The cry against vegetarianism and natural food diets low in animal protein has always pleaded concern for lack of sufficient amino acids in these diets. It makes one wonder how man in different cultures and times has survived with a meatless menu. The theory may not be the whole truth; time and research will likely improve it. In the meantime, it offers the first step in a new direction.

A few interesting natural food books are:

Diet For a Small Planet - Frances Moore Lappé Ms. Lappé explains the necessity, composition and use of protein in the body; suggests protein combinations that are more efficiently used by the body.

Recipes for a Small Planet Ellen Buchman Ewald

This book gives many varied recipes for the protein combination mentioned in **Diet for a Small Planet**.

Breads You Wouldn't Believe

Try them. If you are like most people, your breads are quite likely to turn out miserably the first few times but a practised hand can make these unbelievable breads!

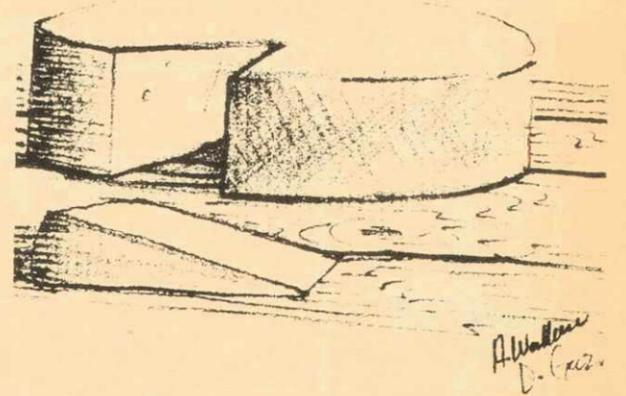
Vegetarian Epicure

A collection of meatless recipes including delicious sauces and soups, that make your mouth water.

Favorite Not Foods -- Hunter

Back to Eden -- Jethro Kloss

If you can ignore Kloss's fancism and missionary zeal, you'll find lots of useful information on health care using natural remedies and preventive medicine.



WHEN IS CHEESE NOT CHEESE? [WHEN IT'S PROCESSED]

WATERLOO (CUP) -- Cheese concentrates a lot of food value into a small package. It contains most of the nutrients of milk including protein, riboflavin, and calcium. The protein in cheese is of the same high quality as the protein in meat, fish and eggs.

If you're cutting down on meat in protest against the use of hormones and antibiotics and sky-high prices, cheese can be your best friend. But not always. It depends on the nature of the cheese you choose.

Like all good friends, cheese has been subjected to the mighty and destructive club of commercial interests.

Somehow the word "cheese" on a snack food draws the consumer like a magnet. The flavor of cheese combined with the implication of nutrient value appears to be an irresistible combination.

Do not be deluded into serving these snacks to your family, or be foolish enough to believe that they contain all the nutrients of cheese. They don't.

Cheese flavor does not mean cheese. In processed food, it means a chemical flavor unrelated to nutrition. Food chemists have the competence and expertise of Merlin the magician. Their only interests are economy and long shelf-life. Remember that anything which prolongs "shelf-life" has the opposite effect on your life.

Cheese flavor boosters are not even distantly related to cheese - not even kissing cousins. They are a blend of spices, sugar, salt, MSG and imitation flavors.

A symbol of the manufacturers' necromancy of which you must be wary is "processed" cheese.

Beatrice Trum Hunter in her book **Consumer Beware** categorizes processed cheese as a "plastic mass."

Back in 1935, F.J. Schlink of Consumers Research warned that "one of the major atrocities of this age is the disappearance of natural cheese and the substitution for it of what is called "processed" cheese, made by grinding cheese of very low quality of any quantity that happens to be available, and mixing in chemicals and emulsifiers.

Natural cheese matures slowly, through enzymatic action. processed cheese are made quickly by heat and then aerated to increase their volume. As Beatrice Trum Hunter points out, "The end products have undergone such modifications that they scarcely deserve classification as food."

Cottage cheese, which weight watchers eat so virtuously by the carton, comes in for its share of tampering. Sodium hypochlorite maybe used in the process of washing the curd. Diacetyl may be added as a flavoring agent. Large amounts of salt may be added. Annatto (a dye derived from seeds) or cochineal (a dye derived from dried female insects) may be used as coloring agents. Hydrogen peroxide is frequently used as a preservative. Calcium sulfate, which is related to plaster of paris, which has no nutritive value and is a material of questionable safety in foods, is permitted and usually used on cottage cheese. Mold retarders of sorbic acid are also permitted. Nothing but the sorbic acid is required to be noted on the label.

The hydrogen peroxide is added to destroy bacteria as well as bleach the cheese. At the same time, it destroys vitamin A. Later, a catalase is added in order to remove the hydrogen peroxide. The wrapper on the cheese does not tell you about the peroxide. Nor does it tell you about the dyes that have been used in order to color the product. Blue or green coloring is sometimes added to white cheese to offset the natural white color of the milk.

Truly natural cheese is made from certified raw milk produced from animals on farms not using chemical fertilizers or pesticides, but only organic cheese meets all these requirements. Many varieties of natural cheese - like Edam, Gouda, Provolone and Swiss - which originated in Europe are now produced or sold in Canada.



S. U. B. E. N. T. E. R. T. A. I. N. M. E. N. T.

Spotlight

THUR. SEPT. 30

COFFEE HOUSE

Kevin Roach and The Hollis Rounders plus Steve Feuer & Dave Hayes.

Green Room - 9 til' 12pm.

Admission - \$1.00/\$1.50

Under 19's Welcome

COFFEE and PASTRIES

FRI. OCT. 1

DANCE

The McInnes Rm will feature the return of MOLLY OLIVER in concert from 9pm. til lam.

Admission : \$2.00 Students

\$3.00 Guests

Licensed Event

OCT. 2

CONCERT



BERMUDA TRIANGLE will appear in the McInnes Rm. from 9pm. til' lam. A concert of Folk, Rock, Blues, Ballads, Comedy Instrumentals.

Admission: Students \$2.00

Guests \$3.00

Licensed Event

SUN. OCT. 3

MOVIE

DR. ZHIVAGO



Boris Pasternak's beliefs that men are priceless as individuals not as cogs in a super-state are presented in this haunting love story of a sensitive poet-physician (who could see qualities of right in the causes of both sides in the war) and the married woman who fascinated him with her staggering honesty and devotion.

"The drama, the horror and the turbulence of the Revolution simply provided the majestic canvas against which is told a moving and highly personal love story." Time

Directed by David Lean.

Omar Sharif, Julie Christie, Rod Steiger, Geraldine Chaplin, Alec Guinness.

McInnes Rm. 7:30pm.

Admission: \$1.00/\$1.50

BERMUDA TRIANGLE AT COFFEE HOUSE OCT. 7

Under 19's are Welcome

UPDATE CALENDAR

COMPLIMENTS OF

M.K.O BRIEN DRUG MART

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Heading for home this weekend? Do another student a favor, and stick a ride offered card in the rides board on the ground floor of the SUB. You'll have someone to talk to as you drive home, and you can split gas costs with your passenger.

Peaches and Cream Facial Cooler, Mink Sesame Suntan Oil, Double Zing Herbal Astringent - cosmetic luxuries that you can't afford? Wrong! You can make them all for pennies using simple ingredients and ordinary kitchen equipment. Find out how from a great new paperback available at the Dartmouth Regional Library **The Complete Book of Natural Cosmetics** by Beatrice Travel shows you how to concoct powders, perfumes and other pretty things. Use them yourself or give them as very special gifts. Request this book the next time you visit the Main Library, Woodlawn Branch or the Bookmobile.

In keeping with the **Joseph Howe Festival**, the Wednesday Lunch Hour Program at the Halifax City Regional Library October 6th, will feature the historical drama film, "**Joseph Howe - the Tribune of N.S.**", in which Joe defends himself in court and wins a victory for freedom of the press. Following the film, Professor P.D. Waite of the History Department at Dalhousie University will be present to talk and answer questions about the life and times of Joseph Howe.

Thursday Film Night, September 30th at the Halifax City Regional Library, 5381 Spring Garden Rd., will present "King of the Hill" - a look at big league baseball from the inside - the experiences of Ferguson Jenkins.

Tuesday Film Night, 7:30 P.M. October 5th, at the North Branch Library, 2285 Gottingen St., will present "Rock-a-bye" - an inside look into the rock music recording industry.

InNOVations in Music begins its sixth season of free concerts of local, Canadian and international new music on Sunday, October 3, at 3:00 p.m. Please note that this concert will take place at Neptune Theatre on Argyle Street. Admission is FREE. Music by Kronos Quartet.

This Saturday the Project Room at the Nova Scotia Museum will turn into a **Sewing Circle**. Needlepoint, tatting, and lace-making, all common skills even 50 years ago, will be looked at. You don't need to be a seamstress or a tailor to attend! Join us 10:30, Saturday, October 2nd, at the Nova Scotia Museum.

Frustrated Photographers! Bring your slides, snapshots and photographic problem to the Nova Scotia Museum on October 6, and get some advice from the **Photographic Guild of Nova Scotia**. Register now for this photography workshop at the museum 429-4610.

THE DALHOUSIE NEWMAN CLUB is an informal organization for students who want to promote Christianity on Campus. Concrete organizational work is now being done to plan retreats, social gatherings, and conferences for our group. Interested people are invited to contact the Chaplains Office, in Room 310 of the SUB, for further information.

The Grassroots Theatre, Dartmouth, has announced its first production of the fall-winter season, **The Mousetrap**, by Agatha Christie. Join Grassroots on September 30 at 8 p.m., Christ Church Hall, Dartmouth or phone 426-1096 for information.

The Grassroots Theatre, Dartmouth, presents a non-production of a musical version of **The Encyclopedia Britannica**, September 30, 8pm., Christ Church Hall, Dartmouth. For more information please phone 469-1096.

A unique, personal kind of imagery will be on exhibit in the **Art Gallery, Mount Saint Vincent University** from September 30. The exhibit NSCBSC: Nova Scotia Citizen's Band Skip Card continues.

Saturday, 2 October, **Velo Halifax bicycles** 100 miles in the Second Annual **Joseph Howe Century Tour**, leaving Admiral Westphal School parking lot at 7:30 am. All bicyclists welcome. For more information, phone 423-7420.

Atlantic area economists will be in Halifax October 1 and 2 to attend the sixth annual meeting of the **Atlantic Canada Economics Association** to be held at Mount Saint Vincent University. However, attendance is not limited to association members, and other interested individuals are invited to attend. Registration for the conference will begin at 8:30 a.m. on October 1 in the Seton Academic Centre. The conference will end during the early afternoon of the following day.

Learning for Living - Introduce yourself to Transactional Analysis, I'M OK - YOU'RE OK. An intelligent approach to problem solving. Every Monday evening, room 216 Dalhousie Student Union Building, 7:30 pm. No Charge.

Wormwood's Repertory Cinema - Cinema October--Screenings Friday 7 and 9:30, N.F.B. Theatre, 1572 Barrington. 1--The Passion of Anna, 8--Dodeska-den, 15--The Wild Child, 22--Deep End, 29--Days and Nights in the Forest. \$5 series membership.

The Fine Arts Service, Dept. of Education will sponsor a 10 week, forty hour course in the art of Mime. Robert Ziegler, a mime artist, resident in Halifax will conduct the workshop class.

The Mime Workshop will be conducted at 6152 Coburg Road on consecutive Monday and Thursday evenings 7-9 pm from October 4th to December 13th. A registration tuition fee of \$50.00 will be charged and persons wishing to take the course should be 16 years of age or over by October 1, 1976.

Information is available by calling the Drama office, Fine Arts Service 424-4378.

The **Dal. Women's Movement** is a university based organization which provides the opportunity for women to: 1.) Discuss the problems facing them as women and as students. 2.) Give each other mutual support. 3.) Make available resources that will further their understanding of social, political, and economic issues facing women.

The Canada-China Friendship Association and the Chinese Cultural Centre will co-sponsor a celebration of China's National Day on Sunday, Oct. 3 in Room 147 of SMU High Rise 2 between 2 and 4:30. Featured will be a talk by Hagos Yesus who recently attended the dedication of Dr. Norman Bethune's birthplace in Gravehurst, Ontario as a National Historic Site. Also offered: food, recent slides of China, films of China, photo display, and a small display on Mao Tse-Tung.

First Jump Course. Includes: instruction by a C.S.P.A. licensed jumper; one quarter year member in CSPA; subscription to CAN PARA; rental of gear for 1st jump; one year membership in Dal Sport Parachute Club. For more information you can get a brochure at the SUB enquiry desk, or phone: Dave 455-1409, George 455-4739, Jim 453-4808. Price is only \$90.00.

Students who are majoring in Economics, English, French, History, Political Science, or Sociology may concentrate part of their work in **Canadian Studies**, both within their major field and outside of it. For details and lists of courses in the six departments, see the Arts and Science Calendar, page 17.

Chinese National Day Celebration. Film, slides, artifacts display, discussion, refreshments, St. Mary's University, Rooms 129, 131, 133, 147, High Rise. Sunday, October 3, 1976, 2:00 - 4:30 p.m.

University Mass held in the SUB Sundays 7:00 p.m. Lounge 314, and Wednesday 12:30 p.m. in Room 316, SUB.

Pyckoe Knho. Masterpieces of the Russian Cinema. The Dalhousie Russian Film Society is presenting a series of Russian film classics, beginning this September. The films will be shown every two weeks, approximately every second Thursday evening in the Killam Library. Series tickets may be obtained for \$8.00 students, and \$12.00 other by contacting the secretary of the Russian Department at 1378 LeMarchant Street. Telephone 424-7017. Films: The Cranes Are Flying, The Idiot, Ten Days That Shook the World, Il y a Muromets, Andrei Rublov, Alexander Nevsky, Lenin in October, Crime and Punishment, Chapayov, Hamlet, The Battleship Potemkin.

Are You a Shrinking Violet?... Shyness got you down? Stop Shrinking! Our Shyness Clinic is designed to help you through individual and group counselling. Come see us at the Student Counselling Centre, 4th Floor, SUB and "If you're not sticking to your rights, but would like to learn how to, our Social Skills program can provide the assertiveness training you need.

Dalhousie Theatre of the Ear proudly presents an evening of "aural gratification", that's every Thursday at 8:00 p.m. on CKDU Radio. Don't let a good ear go to waste.

The College Shop will be selling Transit Tickets. The price of these tickets will be \$7.00 for a book of twenty.

Looking for an apartment, room or house to rent? Then check the lists located on the wall in Student Service, Main Floor SUB!

Atlantic Symphony Orchestra Maestro Klaro M. Mizerit, founding Conductor/Music Director of the ATLANTIC SYMPHONY ORCHESTRA will celebrate his 40th year as a conductor when he steps onto the podium and opens the 1976-77 A.S.O. STAR-FILLED SEASON.

Now riding crest of popularity, Annerose Schmidt has planned her North American debut tour beginning with Maestro Mizerit's. Opening of the A.S.O.'s 9th Star-filled season, in Halifax Oct. 4/5,

Programme: ALL-BEETHOVEN FESTIVAL- Concerto for Piano and Orchestra, No. 3; Coriolan, Overture: symphony No. 7.

Dalhousie Art Gallery's fall schedule of activities is under way with three distinct exhibitions on display until October 3.

The main gallery will feature works by John Greer and Dennis Gill, while the photography of Tom Lackey is on display in the small gallery. Greer's sculpture involves visual puns. Gill's work is described as art that is part of the post-minimalist tradition, based on subtle perceptual changes and illusions.

Tom Lackey's exhibition is a small display of approximately 30 color photographs taken in the bedroom communities of Putnam and West Chester Country, New York.

For further information on Dalhousie Art Gallery activities call 424-2403.

Ice time at the Dalhousie Rink will be available to any Dalhousie Department for the Fall Semester, 1976. Contact Kevin Sellner at 424-3671 if interested. This is not Faculty/Departmental, Intramural Hockey Ice Time allocation. Failure to use all assigned ice time will result in loss of skating period for the Department.

Dalhousie Cultural Activities will present **THE WORLD OF GILBERT & SULLIVAN** on Sunday, October 3, at 3:00 p.m. in the Rebecca Cohn Auditorium, Dalhousie Arts Centre.

The idea behind **THE WORLD OF GILBERT AND SULLIVAN** is to present songs and scenes from the famous Savoy Operas, informally in modern dress and with piano accompaniment.

October 2, 4, 5, 6, 7, (8:00 p.m.): Lerner & Lowe's famous musical play, **BRIGADOON**, will be presented by the Kipawo Showboat Festival, a Nova Scotian amateur theatrical company. A story of romance and magic set in the highlands of Scotland, **BRIGADOON** will recall for audiences such favourite songs as "Come to Me, Bend to Me", "Heather on the Hill", and "From this Day On". Tickets are \$3.25. Neptune Theatre.

EYE LEVEL GALLERY... "Dog Paintings and Miscellaneous Works" by Donald Lindblad will be showing at the gallery from Oct. 1 to Oct. 23.

O'Brien's Pharmacy needs a cashier to work Thursday Afternoons from one until six.

Dalhousie Camera Club will be operating out of room 320 in the SUB during these hours:

Tues: 6:00 - 11:30
Thurs: 9:00 - 11:30
Sun: 11:30 - 11:30

The facilities are not available to Club members at other times in the week.

Cohn on its toes

by Marion Frazer

From Wednesday, Sept. 29, to Saturday, Oct. 2, Canada's National Ballet Company will be at the Rebecca Cohn with an intriguing bill of fare for the delectation of Halifax audiences. Each night, a different program of four selections allows the viewer to sample something of the diversity of modern ballet as well as a classical favourite.

The National Ballet will be presenting three of its own productions during this tour, more than have previously been shown at once by the company. These Canadian ballets, new both to Halifax audiences and to the company itself have received excellent critical reviews earlier this year. On the program for Saturday night is "Monument for a Dead Boy" by Rudi Van Dantzig, from the repertoire of the Dutch National Ballet. It has generated a considerable amount of controversy due to the inclusion of what may be interpreted as homosexual encounters, among them a possible stylized rape scene.

James Kudelka, a member of the ballet company, (and choreographer of "A Party", one of the Canadian productions mentioned earlier) in



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Wed., Thurs. & Fri. 9 a.m. to 9:30 p.m.

◇ DARTMOUTH ◇

K-MART MALL, TACOMA DRIVE

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APPLICATIONS ARE SOLICITED FOR THE POSITIONS OF OMBUDSMAN and ASSISTANT OMBUDSMAN

SUBMIT APPLICATIONS TO:

CHAIRMAN OMBUDSMAN COMMITTEE

RM. 124 ARTS & ADMINISTRATION BLDG.

APPLICATIONS CLOSE OCT.15/76



an interview with the **Dalhousie Gazette** discussed the current tour of the National Ballet and the varying sophistication of Canadian audiences. The visit to Halifax is part of a Canadian tour, Kudelka said that Toronto, Vancouver and Winnipeg audiences are probably the most critically mature in regard to ballet. Not having been to Halifax before, he felt that he couldn't comment on its comparative appreciation of his art.

The entire company (62 dancers) are in Halifax this week for the production at the Cohn, although not all will be performing. The Ballet is on the road much of the year, and since they often tour abroad at the request of the Canada Council, has become virtually a team of Canadian ambassadors.

Members of the National Ballet received some exposure to Maritime hospitality Monday when they were taken for a ride on Bluenose II. In keeping with Maritime tradition, it poured and the drenched dancers were arrayed in varying shades of green (garbage bags). Nonetheless,

all thoroughly enjoyed themselves.

Ballet companies, Kudelka maintained, are constantly dependant upon outside funding. Even if all performances sold-out, the National Ballet would still be in the red due to high overhead costs. Its present tour was feasible only with financial assistance from Canada Council and IBM Canada Limited.

It has often been said that Canadian audiences "sit on their hands". Kudelka authoritatively argued that dancers (even the best dancers) perform much better when they are receiving feedback from their audiences in the form of applause. It is notable that New York audiences, who are probably the most culturally aware in North America are also the noisiest, says Kudelka. Perhaps more timid Halifax fans might bear in mind, when they "go to the ballet" this week, the fact that feedback initiates response.

Further information regarding tickets and performances may be obtained from the Dalhousie Arts Centre Box Office 424-2298.



LONDON HAIR
Design

2892 Oxford Street, Halifax, N.S.
telephone 454-3246

Bermuda Triangle returns



by Fiona Perina

BERMUDA TRIANGLE, an incredibly talented 3-piece folk-rock group, is making its long-awaited return to Dalhousie on Saturday, Oct. 2. BERMUDA TRIANGLE is indeed a remarkable trio. Versatility is their trademark, showmanship their forte. Their act is unique. They are great to watch — sensational to listen to and pure delight to laugh with. Wendy's mellifluous voice leads them in some moving ballads, Roger's comedy talents come to the fore in their rock 'n roll spoofs, such as "Oh dear, I've got the Acne blues", and Sam's musical gifts are always in evidence as she switches with ease from a mean fiddle to drums. All three are excellent

vocalists and their act is at all times highly polished and the quintessence of professionalism.

BERMUDA TRIANGLE, back by popular demand, will be appearing in the McInnes Room from 9 p.m. - 1 a.m. on Saturday night. They will perform in a cabaret format and the usual bar set-up will be available to patrons. Price of admission is \$2.00 for Dal students and \$3.00 for non-students. Advanced tickets will be on sale on Friday from 11:00 a.m. until 4:00 p.m. The event is open to OVER 19's ONLY. However, for under 19's (and anyone else who would like to come) BERMUDA TRIANGLE will be appearing at the Coffee House in the Green Room on Thursday, Oct. 7. This appearance is a special

arrangement by the group and is an opportunity to view some really fine talent in the Coffee House setting.

ATTENTION!

The list of potential graduates in Arts and Science and Commerce for the Fall Convocation, October 28, 1976 is posted in the hall outside the Office of the Registrar. Students expecting to graduate should check to ensure that their names are included.

Grassroots theatre

The Grassroots Theatre, Dartmouth has announced its new season for 1976-1977.

The three plays selected to fill the fall season include: The Mousetrap by Agatha Christie; Oscar Wilde's The Importance of Being Earnest, and the musical, The Boyfriend. There will also be a children's production near Christmas if time allows.

The season was announced last week after being selected by Artistic Director Francis MacLeod, and approved by the Executive and membership.

In announcing the proposed, and still slightly tentative season the group also prepared the way for its

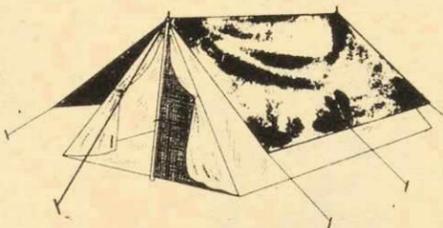
new membership and financial campaign in the city this fall.

Negotiations are presently going forward for three directors and designers. Shelia MacLean, a Dartmouth art teacher will consider the first production, Michael Wile, Dalhousie Theatre student for Oscar Wilde's Importance of Being Earnest and Francis MacLeod to direct The Boyfriend, a spoof on 1920's musicals.

All plays have excellent acting possibilities, and those interested in participating should attend organizational meetings on September 30, 8:00 p.m., Christ Church Hall, Dundas Street, Dartmouth, or note announcement for auditions.

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TOTE performs Maid to Marry

by Tony Wallace

What can you say about two actresses and three actors? You can say "Theatre of the Ear", which, in this, is the exact right answer.

TOTE owes its birth to the combined talents of Weldon Bona and Fern Downey. Bona's account of the humble beginning is like this: In January, 1976, the dead air of mid-morning CKDU radio kindled the spark of inspiration in his brain to create something different from the same old platter-spin syndrome. Bona and Downey conceived a new radio show heard weekly.

Their first feature was "Doctor Umlaut's Earthly Kingdom", a Canadian play. After many rehearsals it was recorded and broadcast in the spring. Then came the wickedly satirical serial "Fendick Towers", a sort of General Hospital-Dal style. Eventually, it became "CKDU's Movie Magazine", interviewing the top theatre people in Halifax. One such show featured Canadian celebrity Gordon Pincent.

During the summer, plans were made to give the program yet another change of face. The cast was expanded to five members, program time shrank from the original ninety minutes to a half an hour, and moved to a new time slot (8:00-8:30 p.m., Thursday.)

Introduction of this season's "Theatre of the Ear" featured "Weldon's Birthday Party".

This week, the program, is a comedy adapted for radio, entitled "Maid to Marry". Gerard Morrison, the group's recording engineer, said that it takes roughly five hours to produce the final half hour tape of the program. Included in these five hours are rehearsing, taping and altering, and mixing music with sound effects. Usually, the small booth at CKDU is used, but if there are more than three people the studio library is used instead, which causes inconveniences.

Maid to Marry

Maryellen Wat began with introduction to "Marry". Every voice-pitch and drop, every word counts. Three takes had to be recorded of Watt's introduction. On the third take, a strangely familiar low steady



Theatre of the Ear members Weldon Bona, Gerard Morrison, Michael Wile, Fern Downey and Maryellen Watt Posing for their picture for last Thursday's show.

Dal Photo / Jensen

growl accompanied her performance...

"&•□%□! What the &□%□• was that?" "Good grief! It's her stomach growling!" Taping came to a rumbling halt while Watt devoured an apple to appease her appetite. Her part had to be retaped, because, after all, one cannot expect bird calls to smother a hungry growl.

The next part of the taping was equally, if not more entertaining to watch. It is not an easy thing to copy a foreign accent. In his attempt to faithfully capture the accent of a 'vrai home de francais' Michael Wiley twisted and stretched and contorted and wrinkled his face a hundred different ways. Excellent jowl-muscle toning. The hands got into the act, too, as they flailed and waved, groping at the air, fingers reach for the unattainable, gesturing emphatically. Much visible acting was missed on tape.

Attention theatre producers:

never NEVER interrupt and actress's performance, especially if she is Fern Downey. It breaks her concentration, you see, and you shall be verbally beaten....severely.

These theatre people are inventive. They can take your average Joe (who, in this case, happened to be innocent by stander, Ranky Gordon) and turn him into a star. After all, who wouldn't jump at the

opportunity to play a ninety-three year old baritone French teenybopper?

The cast wishes to stress that they encourage students to join their group, and they would like to try some original work.

Give your ear a treat..Tune in to CKDU tonight at eight and enjoy "Theatre of the Ear's" rendition of "Maid to Marry".

DALHOUSIE CRYPTOQUOTE

by H.M.K.

Here's how to work it: OXRUT OILZY
is
HENRY HICKS

One letter simply stands for another. In this sample O is used for the two H's, X for the E, Z for the K, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

Our readers are invited to submit quotes, especially dumb ones.

QPRT SPR IPGYC HUR XMQT VMTRL IMJTSC
VMUR SPHT URFGWGMT.

--- NMPT A. ERTTRXL

Continued from page 18

(September 19th - 25th) be a success, work started in May of this year. Several activities were planned for the week, including the presentation of awards to the year's five outstanding volunteers. The selection was made by the volunteer week steering committee which was comprised of representatives from local organizations and agencies. These five volunteers were presented to the Lieutenant Governor and other officials at a reception and awards ceremony at Province House.

The week officially got under way with a children's parade from Dartmouth and Halifax via the ferries, and an opening declaration by the two mayors. There was also a reception for media representatives held at Keith Hall, and an annual poster contest. The contest was open to children between the ages of eight and thirteen, with many of the winners and honourable mentions awarded to children from the School for the Blind.

An effort was made to inform the general public as to available volunteer opportunities, and several displays were mounted in various metro shopping centres. The big wrap up was the agency fair where about a dozen volunteer agencies gathered together with various displays and information centres. The main purpose was to promote

volunteer activities and organizations through public exposure.

Volunteer week well achieved its purpose — to set aside a time every year for the recognition and promotion of volunteer activities.

CKDU-DAL RADIO OPENING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00-1:30	This could be your show.	Folk Country John Minnikin	This could be your show.	Classical Bernard and Virginia	This could be your show.	Rock	
2:00-4:00				CKDU RADIO This could be your show.			
6:00-8:00	Folk Blues Dave Durand	French Blair Dwyer	Jazz Ralph Brewster	DALHOUSIE STUDENTS' R'US			Jazz Wendy Smith
8:00-10:00	Progressive Jazz Parr O'Keefe	Roots Music Folk John Millen	Pop/Rock Norm Gale	Theatre of the Ear The good show	Pop Tina Tresser		John Z. Bines Andrew Gillis
10:00-12:00	This could be your show.	Blues Naville Silfoy	New Album Preview Doug Wavrock	The good show Don Cover			
12:00-2:00		Rock Ralph Brewster					This could be your show.



Tigers win again

by Phil Boyle

In back-to-back home games last Friday and Saturday, the Dalhousie Soccer Tigers put two solid wins under their belt. In the first game, the Tigers, the defending Maritime Champions, defeated Mount Allison 3 - 1; in the second they trounced UPEI 7 - 1.

Dalhousie - Mount Allison

The Tigers, opened the season with a satisfactory result, though the game was somewhat scrappy and at times too physical. Jimmy Mal opened the scoring midway through the first half after good challenging by Kevin Mayo on the UPEI goalkeeper. A strong drive by Dave Houlston made it 2 - 0 when he followed up on some slack defensive play by the visitors.

In the second half Brennan reduced Dal's lead and Mount Allison came more in to the game, and Willett was forced to make several saves. After Ray Riddell had been tripped in the penalty area, Bob Moss converted the penalty to make it a safe margin of two goals. Unfortunately, Ray Riddell received a knee injury, as several bad tackles went unnoticed by the referee. He was unable to play the following day.

Dalhousie - UPEI

The Tigers made it two straight wins, proving too strong in all departments for the Island side, who had succumbed 4 - 1 to St. F.X. the previous day. Although the

game was one-sided, it was highly entertaining and several well engineered goals were scored. It took Dal twenty five minutes to open the flood gates when Bob Moss drove in a low 20 yard drive from the right flank. A penetrating pass from Moss, who had a good game, found Kevin Mayo, who slotted in a right foot shot for the second goal. Mayo made it 3 - 0 at half-time with a glancing header after a pin-point cross from Dave Houlston on the right wing.

A cross from the left side allowed Len Vickery to record his first goal for the club just after half-time. Bob Moss provided the cross and Vickery's looping header deceived the bemused UPEI goal-keeper.

A goal-line clearance for Dal by Jack Hutchinson was followed by the home side's fifth goal when Jimmy Mal's cross from the left was turned in by Mayo, completing his hat-trick. A powerful first-time low drive by Dave Riddell from a square pass made it six. Kevin Mayo added one more after Hays had scored a consolation goal for UPEI.

The Tigers face a much stiffer test next Saturday at St. F.X.

The next home game is on Thursday, October 7, (4:00 p.m.) against SMU when Kevin Doyle and Phil Boyle may become eligible.

Coach Tony Richards chose Kevin Mayo as the first "player of the week" following his four goal display Saturday.



Dalhousie players Chris Coleman (centre) and Jimmy Mal (right in last weekend's game against UPEI.

Dal Photo / Dayal

Intramural Soccer

All Matches were played on Studley Field under sunny skies and good field conditions.

The 1st match pitted Medicine against Pharmacy with a 7-2 result in Medicine's favour. The star of the game was Joe Zucker who scored four goals with Doug Tweel, George Shaw and Martin Gardner scoring the other 3 goals for "The Meds".

Brian O'Rourke and Alexander Wong scored for Pharmacy.

Game #2 was won by Science

when Henderson defaulted.

The final game kicked off at 5:00 p.m. between Law and Dentistry. It was a tight match from beginning to end. Dentistry scored their first goal through the talents of Ian Doyle. Then Law equalized from the penalty spot. Scorer of Law's first point was Bob Wagner.

Dentistry emerged the victors of the match in the closing minutes by a goal from Dale Corkum making the final score 2-1.

Women's ice hockey

This year the Dal Women's Ice Hockey Club has been designed to promote both the participatory and competitive aspects of the game. Club members will be able to play on two levels: level one, an intra-club non checking league with a minimum of equipment worn; and level two, a competitive team operating within a home-and-home game league under CAHA modified rules.

Membership is open to all Dalhousie female students, faculty, staff, and alumnae, as well as those students enrolled in an affiliated university. At present, these institutions are: King's College, Mount St. Vincent, N.S. Tech, and the Pine Hill Divinity College.

Membership fees are \$5 for those students having active member status with the Dalhousie Student Union, and \$10 for all others. Five dollars is payable now and the balance, if applicable, January 1st.

Ice time allocation has not been confirmed by the Extramural Council. As soon as it is available, the

first club game and team practice will be announced by poster and placed on Dial-A-Rec.

Those people trying out for the level two competitive team are asked to report to practice with the following equipment: skates, gloves, elbow pads, shinpads, mouth guard and stick. Helmets are available through the ECC at the Gym. Players not suitably dressed will not be permitted on the ice. Members are asked to check with one of the executive before buying any new equipment as a substantially lower price is available through the club. The first order will be placed on Friday, October 1st.

For more information, please contact one of the following:

Dawn Coleman,	
Sherriff Hall	424-2428
Denise MacDonald	
Alexandra Hall,	
King's College	422-5229
Alison Quinn	422-5928
Dal Gym Evenings	424-2044.



Dal Photo / Jensen

Field hockey

In its second game of the season, the Dalhousie Varsity Field Hockey Team blanked Mount A. 3-0 at home on Friday 24 September.

Andrea Mann opened the scoring early in the game for Dal; Erin O'Brien added the clincher in the second half. Kim Robson who scored the insurance goal added to her impressive performance of last week against Memorial when she scored 4 goals. Field hockey buffs may remember seeing Kim playing for SMU last year. Merle Richardson chalked up her second shutout of the season.

Saturday, Dal beat UPEI 4-1. UPEI was on the scoreboard first but Dal's Heather Shute tied the game with only 1 minute to play in the half. Heather scored again in the second half. Teammates Brenda Sacre and Maeve O'Mahoney added goals.

This gives Dal 3 impressive home victories with a no loss record. Dal is now in first place in the Eastern Division.

VARSITY FIELD HOCKEY PREDICTIONS

The 1976/77 Dalhousie Field Hockey Team expects to have their strongest season yet. Of the eight returning and six new players, ten are provincial level players from Ontario, New Brunswick, and Nova Scotia. In addition, two members of this year's team add an international flair to the Tigerettes in the persons of Diane Boulanger — National Team Member and Maeve O'Mahoney — English County Team Representative. All this adds to experience and expectations for an exceptional season for Dalhousie.

Offensively, the team is fast and extremely dangerous around the net. Forwards such as Diane Boulanger, Heather Shute, Erin O'Brien, Kim Robson, Andrea Mann, Shelly Deakin, and Brenda Sacre all are league high scoring possibilities.

Defensively, the Tigerettes are sound. Players such as Maeve O'Mahoney, Julie West, Donna Misener, Karen Kelly, Jocelyn Webb, and Wendy MacMullin provide stiff opposition to opponents trying to break through. Merle Richardson anchors the defense in Goals and expects to have another shut-out season.

The goal of this year's team will be to defend their AUAA title and make a strong bid for the CWIAU Nationals in Halifax, November 5/7.

The next home game will be played Thursday October 14 against St. F.X. at 2:30.

LET'S GET OUT AND SUPPORT A WINNING TEAM!!

Intramural

The Intramural scene was the seat of lots of activity this past weekend. Men's Singles got underway at the Dal Tennis courts while dedicated golfers participated in the annual Intramural Golf Tournament at Hartlen Point.

Soccer and Flag Football enthusiasts congregated on Studley Field Sunday, Sept. 26th for the first Intramural games of the season. Mother Nature showered lots of affection in the form of sunshine that added to the success of all activities.

Lake Banook will again host the 1976 Canoe Races on Sunday, Oct. 3rd.

Last year the Canoe Races were well received and by the entries pouring into the Intramural Office many paddlers will again enjoy this year's activity.

Women's Volleyball will start this coming week in Studley Gym and high interest is being demonstrated in this area also.

DALHOUSIE UNIVERSITY DIVISION OF ATHLETICS & RECREATION LEISURE TIME CLASSES

Ballet	Tuesday	7:00-8:00 p.m. Beginner 8:00-9:30 p.m. Advanced Beginner Sept. 28-Nov. 30 10 weeks	This course in Ballet is to give people in the opportunity to express themselves in motion to music, to slim and condition the body, and to teach students the basics of ballet. Men and women, with or without experience, are equally welcome. Fee, Beginners - \$10, Advanced - \$15.
Personal Development	Mondays	7:00-8:00 p.m. Oct. 4-Dec. 6	Skin analysis, skin care, beauty and cosmetic instruction, poise, social graces, wardrobe planning, etc. Come along and meet Miss MacLean and discover a new you. Fee, \$25.
Bridge	Tuesday Thursday	7:00-9:00 p.m. Sept. 28-Oct. 26	Contract bridge - theory of bidding, declarer player, defense, scoring, and all the basic fundamentals - no previous knowledge necessary. Fee \$15.
Women's Fitness	Tuesday Thursday	12 Noon - 1 p.m. Sept. 28-Dec. 2 10 weeks	A program of instruction designed for gals who weight watch and want to raise their level of physical fitness and stamina. This class emphasizes the development of self-confidence and total fitness. Don't skip meals, come and skip a rope. Fee, \$15.
Self Defense For Women		10 weeks	Learn the art of self defense and self discipline under expert supervision. This marshal class emphasizes fundamental skills and a comprehensive program. Fee, \$10.
Men's Fitness	Monday Wednesday	12 Noon - 1 p.m. Fee \$15.	

OTHER CLASSES ARE AVAILABLE.
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Campbellton	Halifax	Newcastle	Windsor
Charlottetown	Hamilton	Saint John	Woodstock
Corner Brook	Kentville	St. John's	Yarmouth

Continued from page 9
NSCAD Fees

No indication of exact figures was given.

First indication of the tuition fee doubling for International Students came when Kennedy circulated his memo 2 September.

Until that date there had been no indication that Kennedy would try to institute differential fees, or that any fees would increase at all.

Many members of the NSCAD community have studied or plan to study at US institutions, and the imposition of differential fees is seen as a restriction on the mobility of their colleagues and themselves.

Kennedy's memo generated much debate among both students and faculty, because of the feared destruction of the mutually beneficial relationship with between the college and the New York art scene.

Student leaders have told the Dalhousie Gazette that Kennedy appears to be in a double bind: he is introducing a policy first recommended by students, and the student leaders are now opposing this policy.

Kennedy is committed to doubled fees for International Students, and he will carry his commitment to the Board of Governors Wednesday September 29.

The International Association for Student of Economics and Commerce wishes to invite all persons interested in meeting the local business community and faculty, as well as International Travel, to their first Open Meeting at Room 318 of the S.U.B. on Thursday, Sept. 30 at 7.00 p.m. A short film will be shown.

Confused about metric conversion? Want more information about the metric system? The Metric Commission, P.O. Box 4000, is an agency of the Government of Canada, and would be pleased to help you with your inquiries.

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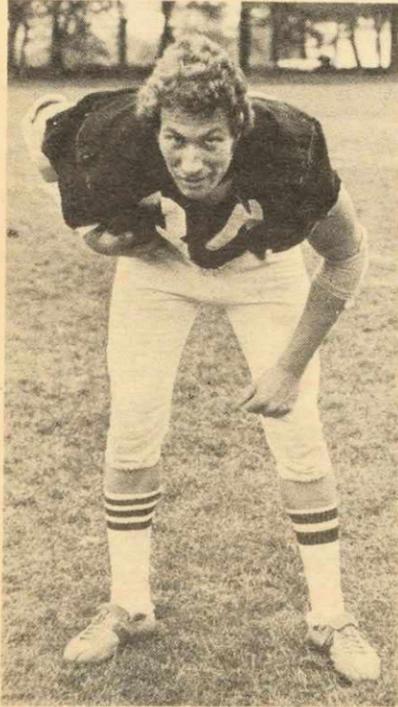
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This ad provided by Dalhousie Cultural Affairs

Football Tigers

Dal defeats UPEI

The Tiger football team made the journey to the Island last weekend for their second encounter with the U.P.E.I. Panthers. This weekend's victory marks the first time in five years that the Dal team has beaten the Panthers at home. The Tigers



Greg Mosher

Dal Photo / Gagnon

repaid the Panthers for an earlier loss by downing UPEI 14 - 7.

Offensively the Tigers moved the ball extremely well along the ground, gaining some 250 to 300 yds. Most of the ground gaining chores were left to Tom Murtagh and Tom McLeod, two Ottawa natives. Greg Mosher who, due to injuries to Mark Pertus, had to be moved from his defensive corner position to full-back did an outstanding job running the ball. Quarter-back Tom Evans did a very credible job in moving the Dal offense. He was 3 for 4 in the passing department. The offensive line had extremely fine performances from seniors Al Cameron, and Bill Skinner.

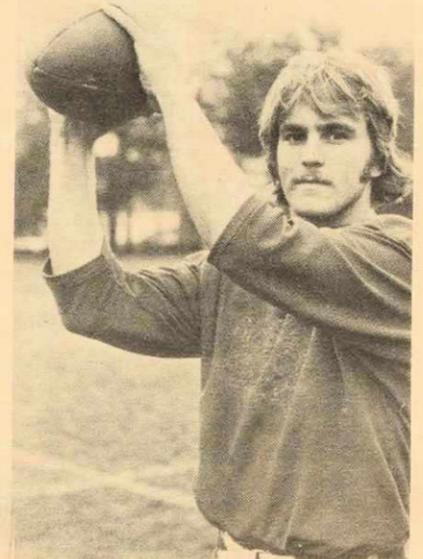
Defensively the Tigers played extremely tough football against the stubborn Panther offense. Defensive tackles Randy Zaroski and Mike Riley kept constant pressure on PEI quarter-back Rick Kiraly. This strong defensive pressure forced several key interceptions by the Dal defense. The Dal linebacking corps of Peter Lamothe, Wally Kazakowski and Kevin Ritchie came up with strong performances against both the running and passing of UPEI. The secondary lead by Cliff Pelham managed to pick off several of Kiraly's errant passes for sizable returns.

The scoring went as follows: Dalhousie scored first as Dalhousie punter Cliff Pelham booted a 48 yard single in the opening quarter. Then left defensive end Scott Baker made it 7-0 when Bob Monette blocked a punt and Baker scooped up the ball for the score.

In the second quarter the game was tied up by Kiraly's 40 yd. touch down pass to Hubert MacDonald. Ozzie D'Ippolito's convert was good to tie the game 7-7.

In the second half Dal's Tom Murtagh ripped off tackle for a 29 yd. run to give Dal a 14-7 lead. Then with 4 minutes remaining in the game, Dal's Greg Mosher ran over from the U.P.E.I. 6 yd. line apparently making the game 21-7. However, Dal was called for roughing and the touchdown was called back. The final score ended 14-7.

Dal Tigers will meet their stiffest competition so far this year when they tangle with UNB. UNB coming off an easy victory over Mt. Allison, should be mentally ready for this weekend's game. UNB's major threat is their quarter-back Rick Cripotis, a fine passer. However



Jim Neilly

Dal Photo / Gagnon

Dal's offense is beginning to gel and should put good pressure on the tough UNB defense.

To quote Dal's Mike Riley, "we are really looking forward to this game."

Frosh survive orientation

"Dalhousie once, Dalhousie twice, Holy Jumpin..." and so the chants continued as Dalhousie's newest students were subject to the terrors and tortures of Residence Orientation. The tortures and terrors, however, were few and far between this year, as the inter-residence committee decided that Orientation should be a more enjoyable and less frightening experience.

The committee began meetings last March to plan the week's events and to discuss various ways in which to welcome the "Frosh" to Howe and Sherriff Halls. Headed by Cath Saunders and Jim Travers, the committee planned various activities, ranging from a Roman Toga Party to an Elvis Presley beach party. Also included were an excursion to Point Pleasant Park, an

early morning swim at the centennial pool, a pancake eating contest, boat tours and various dances. One of the final events was a 'moot court' in which the frosh were tried for various crimes and punished accordingly. However, in an unusual twist it was the frosh who revolted and finally revenged themselves on the Upper Classmen. Of course Orientation would not have been complete without the usual early morning risings and late night partying, so allowances were made for these as well.

Much of the credit for making the Orientation a success must go to the Freshmen and Freshettes who appeared in unprecedented numbers to enthusiastically support each function and who marched faithfully through the streets of Halifax, catering to the whims and fancy of the upper classmen.

The residence Orientation ended where it began, in the Sherriff Hall Dining Hall with a formal banquet during which the new students were officially welcomed to Campus by Dr. Hicks, President of the University. Residence Orientation will fade into memories for this new group of students, but clearly their enthusiasm and spirit is a sign of bigger and better things to come here at Dalhousie.

Engineers whitewash dentistry

Studley Field came alive to victory shouts Sunday, Sept. 26th when the powerful Engineers team soundly trounced Dentistry in one of the first Flag Football games for the season. Jim Nunn intercepted one of Dentistry's passes and ran 45 yds. for a touchdown.

Medicine met Science in a game that ended the first half in a scoreless situation.

The second half came alive when Medicine scored twelve touchdowns. Jim Carter picked up a Science fumble and ran the 25 yds. for a touchdown that was considered the highlight of the game. Final tally Med. 12 - Science 0.

Psychology was awarded a win over Law by default.



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Tigers in good condition

by Greg Zed

With only two weeks left before Dalhousie's first exhibition hockey game, the sixty-eight hopefuls have hit the ice lanes for another year. The off-ice training camp which saw some seventy-five enthusiasts are certainly in good shape and to top it off, several participants expressed their views in favour of the camp.

Paul Delicaet, a Bathurst, N.B. native, suggested that the training camp was "a good one in that it prepared the individual for the season ahead". Delicaet played for Bathurst High School and it was his club that took the Provincial AA Division. To add to that, Paul was the league scoring king. He comes to Dalhousie looking forward "to the challenge" which will undoubtedly present itself as the club begins its on-ice training.

Ken Bickerton, a goaltender from Sydney Academy was between the pipes for the Academy last season. He comes to Dalhousie over St. Francis Xavier and Acadia in hopes "of playing often". Bickerton expects "the play to be faster than that of the Academy, however, he looks forward to the challenge. When asked about the training camp which consisted on nineteen different off-ice drills, he replied: "The land training program is great and the guys are really keen which certainly adds to its effectiveness".

Bengal Award winner Earl Theriault was quick to say that the camp "is great". "A number of guys came to camp with a new attitude... this will give the Tigers a new start. The fellows are working really hard and it reflects on how well the camp is organized". Theriault, in his second season with the black and gold brigade, sees the "league much stronger than before".

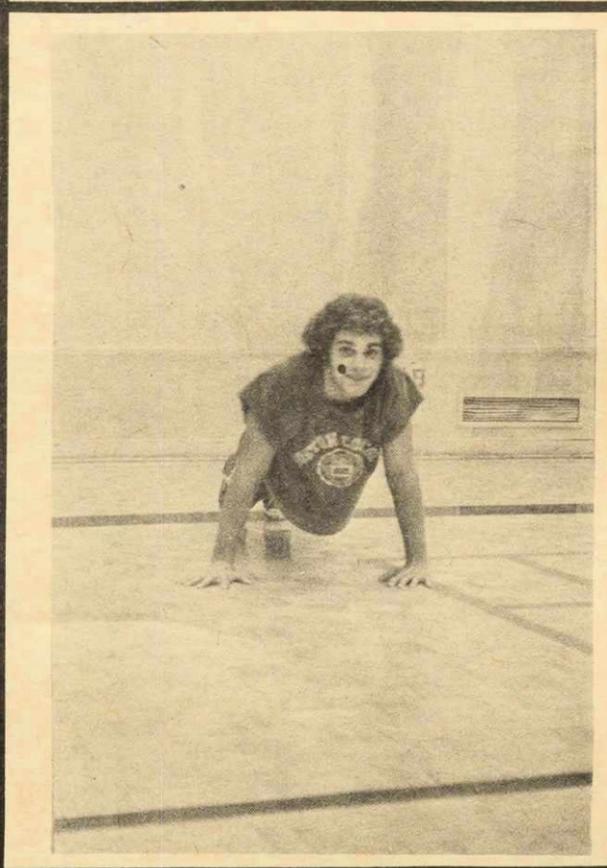
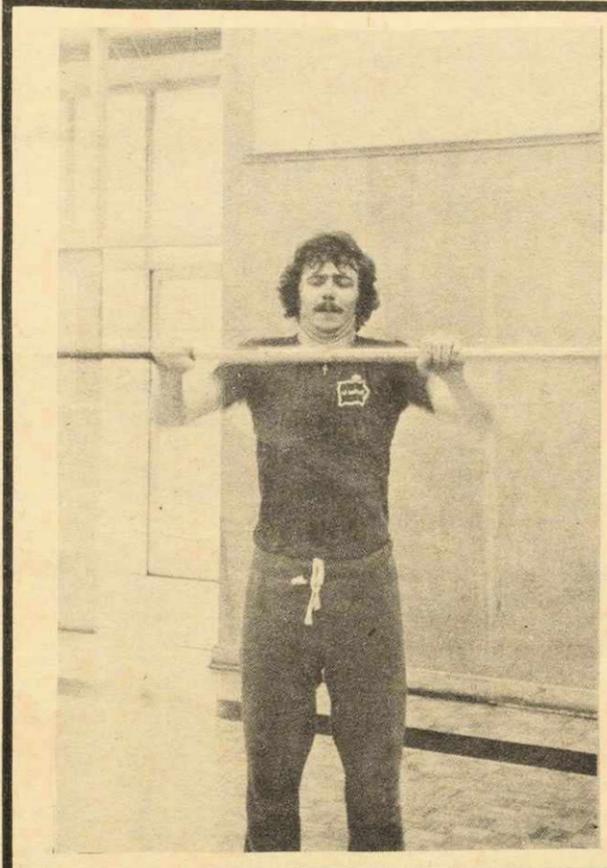
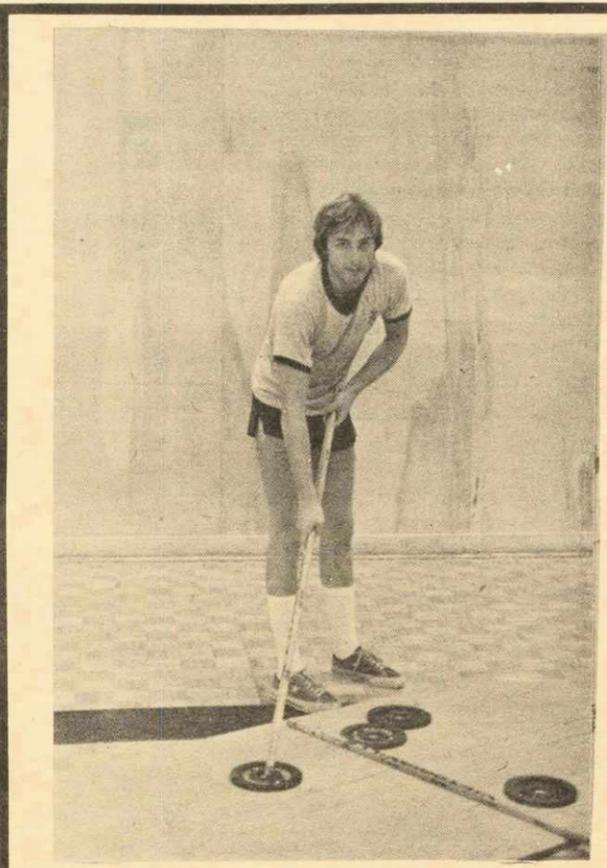
Glen O'Byrne, a centre from Amherst Juniors was eager to say that "the camp was challenging". Here, on a Hockey Canada Scholarship, O'Byrne placed second in the scoring race for his last year's squad and his playing ability should help the Dal club.

Halifax native hopefuls Gerry Beck and Robert Towner were quick to agree that "the land training camp was the best thing that happened to Dalhousie". Towner added "that it is beneficial in that it brings the boys together as well as assists in getting the guys in shape".

The land training camp which began September 20th, has ended for another year, however players are encouraged to "work out from time to time". On Tuesday, September 28th, the Tiger hopefuls hit the Dalhousie track for their 'six minute mile'. It was certainly a challenge for some, but to the majority, it was merely a method of supporting their physical condition. In speaking with Head Coach Pierre Page about the land training camp, he had a few comments to make: "The camp had four objectives: to increase flexibility; reduce injuries; increase endurance and improve muscular ability of muscles used in hockey. These short term goals were reached and the fact that the camp was compulsory worked at bringing the club closer together".

In essence it appears that as the Tigers head for the ice, they are in good physical condition and the new attitude of the rookies in the camp should provide for a fresh start, which is needed on this campus. The attitude of the camp is positive and collectively it is apparent that picking this year's squad is going to be quite a task.

On-ice practises resume this week as follows:



Thursday and Friday: 6:00 - 10:00
Saturday and Sunday: 8:00 a.m. - 12:00 noon

These four time periods will see two groups each practising for two hours.

On Monday, October 4th, the Dal club will begin its final on ice campaign in preparation for the exhibition trail. Times for the practises are: Monday to Friday 6:00 - 8:00 in the evening, whereas the Saturday practise is from 12:30 p.m. to 2:00 p.m. and the Sunday slot time is from 1:00 p.m. - 2:00 p.m.

All in all it looks like the best start for the Tigers in a number of years. The land training camp was well attended and its organization and overall benefit was invaluable to all. The next step is to hit the ice and gear up for the exhibition trail which lies ahead. Here is a list of the trail:

October 13: Dal vs. Dartmouth Juniors ...place to be announced.

October 16 & 17: Dal vs. U.N.B. Aitken Centre, Fredericton, NB

October 23 & 24: Dalhousie Invitational Tournament, Dalhousie Rink
October 30 & 31: U.P.E.I. Invitational tournament, P.E.I.

November 5: Dal vs. Mt. Allison, Sackville, N.B.

In essence it does, indeed look like a big test for the rookie-studded club and one test for the club on this campus will be to get the hockey enthusiasts to the rink.

Track and field

The Dalhousie men's and women's Inter-collegiate Track and Field Teams coached by Cathy Campbell are preparing for the AUAA Track and Field Championships to be held at Beasley Field, Dartmouth, on Saturday, October 2nd from 9 a.m. to 3 p.m.

The men's team will attempt to win their ninth consecutive championship. The sprint team is very strong with provincial champ, Mel Chisholm, leading the way in the 100 m and 200 m. The 110 m hurdles team is lead by Gord Valiant and Ken Ling. Freshman Grant Pyle and Law student Robert Kennedy will attempt to finish 1-2 in the 400 meter, while provincial record holder Robert Englehart will

attempt a triple in the 800 m, 1500 m and 5000 m with his teammate Randy Bullerwell. The field is also tough this year with devastating veteran Chris Jackson competing in the throws, freshman Paul McGee in the jumps and Brent Hoyt in the pole vault.

The women's team will also be defending their AUAA title. Veteran Lynn Slaters will be competing in the 100 and 200 meter event. This year's team consists of new raw talent. Carol Rosenthal, a sprinter by trade, will also be attempting the long jump. Volleyball star, Karin Maessin will be using her multi talents in various events during the day. High jumper, Debbie Corrigan will be the one to beat in that event.

Dalorama

RULES

Find word which best suits the clue. The word begins with the letter above the clue you are dealing with. When you get the word try to find it in the box of letters. Circle the letters in the word. After all words have been found, the quiz word will remain. The number after each clue gives the number of letters in the word.

by Lloyd Daye
and Michael Cormier

-A-
Love potions (12)

-B-
Monkey fruit (6)
Breakfast cereal (4)

-C-
Expensive vegetable (5)
Have you rented one of these (7)
The great barrier reef is composed of this (5)
Type of clock (6)
A war within a nation (8)
Asian country (5)
Hints (5)
This always gets laid (11)

-D-
Are you sticking to yours (4)

-E-
Oldest nation in Africa (5)
No need for stairs when you have this (8)

Quiz word clue.
CAPE BRETON GRATITUDE (9)

-F-
European country (6)
My apartment still lacks this (9)
These make a nice gift (7)
Face to _____ (4)

-G-
"Father of modern rocketry" (7)
Take these to settle your stomach (6)
Musical instrument (6)
Back to the old _____ (5)

-H-
You can't drink from this glass (4)
Place to stay when away from home (5)

-J-
Also known as Zeus (7)

-L-
If you find this, you know where to (4)

-M-
Earth satellite (4)
Spanned the Atlantic Ocean by wireless telegraphy in 1901 (7)

-P-
The Seine River flows through this city (4)
These towels don't need to be washed (5)

-Q-
French province (6)

-R-
Canadian National (8)
Lovely meter maid (4)
First man-made fiber (5)
Precious stone (4)

R	D	C	L	A	R	O	C	D	R	A	D	D	O	G
U	A	T	E	I	D	I	L	G	R	A	V	O	L	T
B	O	Y	T	B	V	F	U	R	N	I	T	U	R	E
Y	R	A	O	I	E	G	E	H	O	U	R	I	S	A
T	L	A	L	N	R	U	S	E	O	M	O	F	U	E
I	I	W	N	I	S	I	Q	L	M	A	L	A	N	G
S	A	E	N	O	T	S	R	E	N	R	O	C	E	N
R	R	D	J	A	A	S	T	V	B	C	C	E	V	E
E	T	E	R	U	M	P	I	A	A	O	C	A	L	H
V	P	A	W	A	P	A	B	T	N	N	N	K	O	E
I	Y	A	R	O	S	I	E	O	A	I	I	T	O	N
N	G	B	R	A	L	N	T	R	N	X	E	H	K	O
U	E	S	M	I	C	F	F	E	A	L	I	A	C	T
Z	A	I	R	E	S	B	V	I	R	G	O	Y	U	S
R	E	P	A	P	H	R	O	D	I	S	I	A	C	S

-S-
Do you collect these? (6)
Instrumental fad of the mid-sixties (5)
Well, I've never been to ____ (5)
British tourist attraction once believed to be a sophisticated observatory for predicting eclipses (10)

-T-
_____ cab (4)

TIBET- (5)

-U-
These students are back (10)
-V-
Sign of the Zodiac (5)
The Roman name for Aphrodite (5)
Abbr. for Virginia (2)

-Z-
Striped animal (5)
This African country leads in the world in the population of industrial diamonds (5)



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Health

food

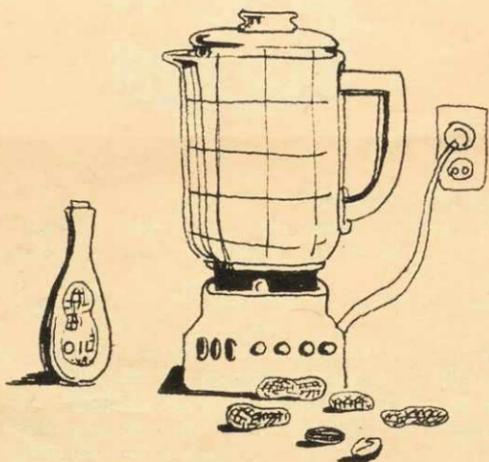
by Liv Unger

Introduction

Why natural food? This article attempts to give the basic information concerning natural food as opposed to processed food. It includes an introduction to the "why" of natural foods; the role of nutrition educators Carol and Danny Baker-Toombes, as operators of a natural food store; the protein theory evolved by Frances Lappe, and its practical application; simple methods for making yogurt and granola and directions for sprouting beans; and the techniques used in the processing of flour, oats, oil, sugar and honey.

If you are basically interested in natural food but somehow never quite got around to giving it a try, read this article and you will have at least the groundwork to start you on the road to a natural food diet. Natural food is not, contrary to popular belief, synonymous with food fanaticism or vegetarianism. Some people eat natural food as a supplement to their regular diet; others prefer to have natural food compose the greater part of their diet; still others may eat only natural foods with an occasional meat or fish meal. Eating preferences vary from person to person. The important thing is to be open to alternative eating habits if you are not fully satisfied with present ones.

So, relax and sit down with a curious mind and a cup of tea, a mug of beer or whatever and find out about the food you are eating. If this feature even vaguely interests you now, cut it out and save it for the day you become genuinely interested. Who knows? It might just come in handy.



Part I Natural Versus Processed

It wasn't until April of 1971 that Danny and Carol Baker-Toombes finally opened the door of the first natural food store in the Maritimes--The Bean Sprout.

Maybe you couldn't dip into that chubby barrel of creamy, delicious peanut butter today if Carol and her husband, Danny a 27 year old native of Saskatchewan hadn't decided, strictly on impulse, to head east from Toronto in 1970. The Baker-Toombes' arrived in Halifax in the spring of the year and were attending the Nova Scotia College of Art and Design for a few months when the idea of establishing a natural food store took their fancy, time and talent.

I spent two half days talking with Danny and Carol about the difficulties of establishing a natural food store and their views on natural food.

In 1970 the idea of "natural foods" was relatively new, even to Carol and Danny who at that time had tried only a few basics. It was an innocent but unsuccessful quest for wheat germ that started the idea of opening their own food store; it was a determined effort to stock it on the shelves of their own food store that guaranteed their success.

This soft-spoken, affable young man had many reservations for a health viewpoint about commercially processed foods. He said that the long-range effects of processed foods is largely unknown since they are relatively new in man's long history.

Danny went on to say that his objection to processed food is two fold: 1) bulk--the fibrous part of food is largely absent in processed foods and 2) vitamins and minerals presently in the whole food are mostly removed during processing its entry at about the same time but without the fuss.

When asked if there was a difference between a health food store and a natural food store, Danny said there was a subtle, almost emotional distinction between the two. Danny differentiates between the packaging and attitudes that go with each. Health food is pre-packaged, usually in small quantities where the emphasis is on health through nutrition. The atmosphere of such a store is often reserved and lacking in spontaneity.

A natural food store, on the other hand, implies bulk, connotes images of hardy bins full of oats, beans and barely and plump wooden barrels brimming with nuts, flour and winking black-eyed peas. Natural food means unprocessed quality foods available in generous quantities. "Natural foods," said Danny, "means buying and eating food that is not only good for you, but fun to cook."

Organic food, another familiar term, refers to food that is grown without pesticides, herbicides (weed killers) and chemical fertilizers. Because these chemicals are not used, the growing and harvesting of these crops is less profitable and therefore more expensive to the consumer. You will find organic foods labelled as such in the Bean Sprout.

Finally, there are processed foods. Although white flour and white sugar have been around for a hundred years, processing did not become popular until after World War II. Processed peanut butter made its controversial entrance in 1950 causing a great deal of debate over the legitimacy of the term "peanut butter." Final legislation in the U.S. required the product to be at least 88% peanuts with food processors adding lard, chemicals, sugar and salt to make up the difference. (In Canada, Schwartz's is one of the best peanut butters having 97% peanuts.) Over-salted, over-sweetened baby foods made its entry at about the same time but without the fuss.

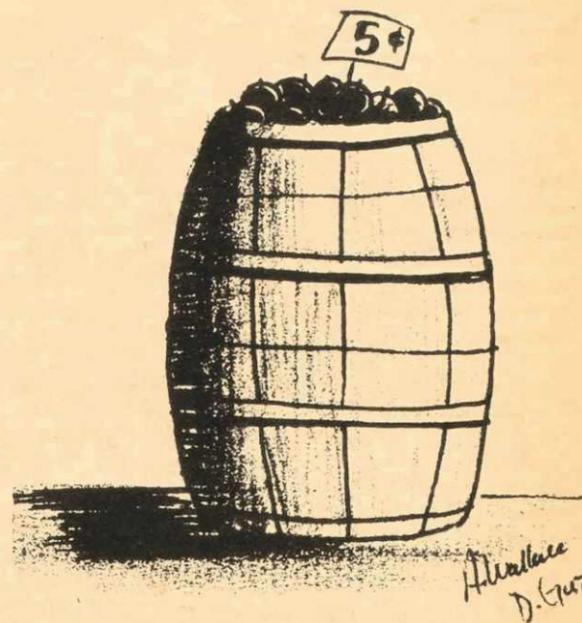
Why processed food in the firstplace? In one word-profit? Companies whose business is food could not resist using chemicals to facilitate and expediate processing, distribution and storage. For instance, in the processing of white flour one chemical is used to bleach it to a snowy-white; a second chemical matures it and a third chemical, a gassing agent, ensures a consistent high rise in bread baked from it. Hydrogenated oil in peanut butter will make the peanut butter last longer and will prevent the oil from separating in the jar. In fact, most processed food is designed to have a minimum shelf life of two years.

Not being content with merely adding chemicals many of whose long term effects are neither studied nor known, the food companies busied themselves with extracting the better part of many foods--the part that spoils easily and so shortens the storage life of the product. Adelle Davis, a well-known nutritionist and author of several health books, wrote about the rape of flour whereby manufacturers remove the wheat germ containing 57 nutrients because the germ spoils too easily. Afterwards, they replace four of these nutrients and name it "enriched" flour. Similarly, white rice is brown rice largely stripped of its nutritional value--the hull. In the manufacturing of peanut butter, the nutritional heart (germ) of the peanut is removed to prevent the peanut butter from spoiling within a few months.

The lack of bulk in processed foods is also disturbing because bulk is an essential factor in a healthy diet. After digestion takes place, residue is left behind in the intestinal tract. This residue is toxic, especially if it is the residue of meat or the chemical residue leftover from processed foods. The fibrous part of the food, which is indigestible, acts like a broom and quickly cleans out the intestinal tract. The importance of food fibre, cannot be underestimated. It rids your body of unhealthy poisons before they get a chance to do any damage.

Before 1850 the average diet provided 80% more roughage or bulk than found in the average diet of today. It is the popular consumption of processed foods which, in part of whole, accounts for the phenomenal increase in the incidence of several intestinal diseases.

The loss of most of the vitamins and minerals due to processing is no less disturbing. The final result is that people are paying a great deal of money for food high in calories and low in food value. It is understandable,



therefore, with the quality and quantity of our food consumption, patterns. Why we live in a nation in which, according to the Nutrition Canada Survey, 1973, approximately half of the adult population is either overweight or obese.

It would be worth your while to look into alternate eating practises, such as natural, organic and health foods in order to avoid the two common effects of an inadequate diet--constipation and malnourishment. Malnourishment results when a person's nutritional intake is less than recommended MDR--minimum daily requirements formulated by Nutrition Canada.

Initially it will take time and effort to develop your knowledge and understanding of nutrition but in the long run, your good health is worth the little extra effort.

If you are an interested, but ignorant novice in the field of nutrition, a good rule of thumb to follow in seeking quality food is "the less processed, the more nutritious."



Part II What to do with the food you buy

Because of time pressures, I was not able to visit the People's Food Store, 1020 Barrington Street or the Natural Foods, 56½ Alderney Drive, near the ferry terminal in Dartmouth. However, I do know from past experience that the owners of all these food stores pursue the course of infinite patience in their willingness to educate the people they serve about the products they sell. They extend quality of life not only by their food, but also by a genuine interest in the customer. The House of Health, 1712 Granville, is a health food store you might also be interested in visiting.

When the Bean Sprout first opened its clientele consisted mostly of students, freaks, and country people many of whom were bulk customers. Because of this a mail order business was started which at its peak had over 800 names. Orders came in from everywhere--Cape Breton, Newfoundland and as far away as the Magdalen Islands. The orders ranged from a quaint \$6.00 order for wheat germ, sunflower seeds and raisins to a few hundred dollars order for bulk supplies of staples to carry people through the cold winter.

When the Bean Sprout moved from 1709 Barrington Street to its current location, it kept its old customers and added new ones. Over a period of time, the old customers stopped coming and they were replaced by office workers and housewives. A few possible reasons for this: 1) It was the first natural food store when it opened in 1971. Now there are 20 altogether so people can go to one that is nearer. Also, the new food store appeared more commercial. There was less bulk and more pre-packaging

Liv Unger is a former Dalhousie student living in Quebec City.

to accommodate the new clientele. The original customers gradually began returning and now the Bean Sprout is supported by an eclectic clientele.

The patronage of the office workers and housewives is encouraging, because it indicates more and more people are becoming concerned not only about how much they are spending on food but also about its quality.

One generally thinks of natural food as costing more. On the contrary, the staples are usually cheaper than those you would find on supermarket shelves. Flour is cheaper, beans and peas are usually cheaper and spices are one half the supermarket price. Some natural food is more expensive-items like nuts, ready-made jams and ready-made grenola. However, if you know how to cook and how to buy natural foods wisely, then you can actually save money.

When I asked Carol what she most enjoyed about the Bean Sprout, she said that her role as educator was the most enjoyable part of her work. Because Carol considers food an integral part of a person's well-being, she has developed an intimate relationship with food itself and naturally enough, with Bean Sprout customers, in her capacity educator.

Many people come in to ask advice on what they should do to cure constipation, headaches, fatigue and the like. Others simply became involved in trading recipes with the food store operators. Still other customers will inquire about the nature and use of the many, relatively unfamiliar foods in the store.

They might enquire, for instance, about the origin of all these natural foods and not be too surprised to learn that, although everything is bought locally if possible, much has to be imported.

Some of the food such as dried fruit comes from California, teas originate in Colorado and England (the latter purchased through Montreal), nuts are mostly from the states and tamari and miso from far away Japan. Most of the honey is local, the rest is Western.

Since much of this food has to be imported from the U.S., the freight and duty incurred substantially increase food prices.

One local foodstore, the People's Store, is considering getting its own mill to grind the harder-to-get specialty flours like rice, black, buckwheat, chick pea and millet flours.

The following information compiled with the help of Danny and Carol is intended to answer commonly-asked questions and provide basic information of many natural food items.

Part III Cooking ideas



Q: What is a good recipe for granola?

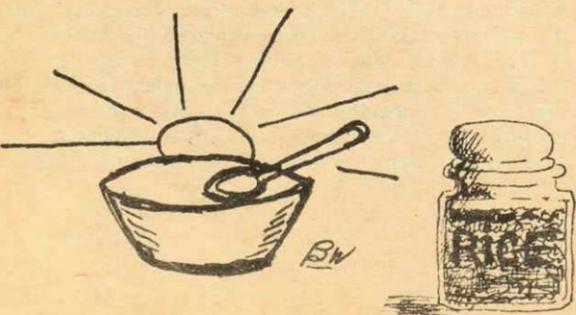
A: **Great Day in the Morning Granola** is a very good one.

- 8 c. old fashioned rolled oats
- 2 c. raw wheat germ
- 1 c. sesame seeds
- 1 c. buckwheat groats
- 1 c. soy flour
- 1 c. hulled sunflower seeds
- 2 tbsp. flax seeds
- 1 c. chopped nuts
- 1 c. unrefined oil
- 1 c. honey

Mix together dry ingredients in a huge bowl. Add oil, mixing thoroughly, add the honey. If honey is too stiff to pour, soften by placing container of honey into hot water for a few minutes. Make sure that dry ingredients are evenly coated with oil and honey.

Spread in baking trays and roast in oven 250° oven or until golden brown, about 1 hour. Stir frequently after first half-hour.

Turn out of trays and cool thoroughly. Store tightly sealed. Eat with fruit and milk or use as topping for cottage cheese, applesauce, yogurt.



Q: I would like to sprout some beans. How do I do it?
A: Try the following method. It's hard to miss with this one.

Equipment

Any glass, ceramic or plastic container with a lid works well. Your lid may be cheese cloth or nylon tied with an elastic or a plastic mesh brought from a hardware store.

Basic Method

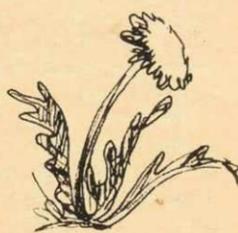
1. Select some seeds or beans. The most common ones are alfalfa mung, foenugreek, chick peas or what, or any seed. Mung are the easiest to sprout, Soybeans are tricky because they tend to mold.
2. Pour a few in the bottom of your container. Approximately 1 oz of seeds will equal 1 cup of sprouts. Over them with warm water. Let soak 6-8 hours or as much as 12 hours in cold water.
3. Drain the water off after soaking time (use in soups, etc.) Rinse the sprouts again by pouring water on and draining it off.
4. Continue to rinse your beans in this way 2-3 times a day for a few days. Keep in a warm place - covered. When husks float to the top you may skim off.
5. Harvest time is from 4-6 days. This depends on the type of beans or seed and growth conditions. Most sprouts at maturity (except mung) are 1-1 1/2 inches long.

Keep mature sprouts in a covered jar in the fridge and use often! They are delicious fresh in a salad or on a sandwich or cooked in soup and sprinkled on top of casserole.

Q: I need some advise on how to make yogurt. I don't know the first thing about it and I am afraid it won't turn out.
A: Why not give it a try anyway? It might not turn out the first time but eventually you will learn a technique that is best for you.

There are three basic steps in making yogurt. You have to heat the milk, culture it and incubate it until the yogurt is formed.

If you are making yogurt for the first time you will have to get a fresh, good quality starter. You can get this from a commercial yogurt maker, from a health food store, from a friend who makes yogurt or get a small amount of yogurt from fresh commercial yogurt. Be sure to use only plain, unflavored yogurt as a starter.



Equipment

A starter and a quart of milk.
Containers made of inert materials - glass jars, earthenware bowls, casserole dishes, ovenproof crockery. Lids are necessary. And can be, improvised from aluminum foil or parchment paper held on with rubber bands. A source of heat is necessary for incubation. The oven is very common although other techniques are often used.

Method

To make a quart of yogurt, measure a quart of milk into a very clean saucepan. Cover the pot and gradually bring the milk to a simmering point. Remove the milk from the heat and pour into scalded container. Allow the milk to cool for seven minutes. If the milk is too hot, it will kill the bacterial culture. After milk is cool, add the starter-a tablespoon of starter per quart of milk. Stir the culture into the milk. Cover the jars and place them in preheated oven.

Electric Oven-Turn the heat to 120° F. Allow oven to cool to 90° F. and while the yogurt incubates in the oven, try to keep the oven temperature between 90° and 105° F. If the temperature needs to be raised, turn the oven on briefly with the door slightly open but not disturb the jars.

The ideal temperature for incubating yogurt is between the range of 105-112 F. for several hours. You can control the degrees of tartness. The quicker the milk becomes a culture, the milder will be its taste. The longer it takes the more tart the yogurt will be.

Check incubated jars by tilting them slightly. If milk is still thin and runny, put it back in oven. If the milk has begun to thicken, even slightly, wipe dry and refrigerate them. The yogurt will thicken in the fridge and stores best between 35°F and 45°F. It will be ready to eat within 24 hours.

TO COOK BROWN RICE

- There are five basic rules for cooking brown rice:
1. Do not rinse rice before cooking unless the rice has been exposed to chemicals rinsing unnecessarily is nutritionally wasteful.
 2. The proper amount of liquid is very important for cooking rice. In cooking brown rice or any other whole grain (barley, buckwheat groats, millet, and bulgur) use twice as much liquid as grain. Vegetable juices, milk, meat stock or other liquids may be substituted for water.
 3. Bring the liquid to a rolling boil and add the rice gradually so that the liquid continues to boil. This procedure eliminates gumminess because the starch in the rice immediately cooks and doesn't get a chance to thicken the cooking liquid.
 4. When all the rice has been added, cover the pot tightly, cook over a low heat until all liquid is absorbed. This usually takes about 45 minutes.
 5. Do not rinse rice after it has been cooked or you will lose many nutrients.

Use long-grain rice for a side dish because it is more tender and will not get mushy when cooked.

For puddings and breads, use short and medium grained rice. The grains of these rices are moist and more sticky when cooked.

BULGUR, AND UNPEALED BARLEY

Cook the same as rice but these will take less time-about a half an hour.

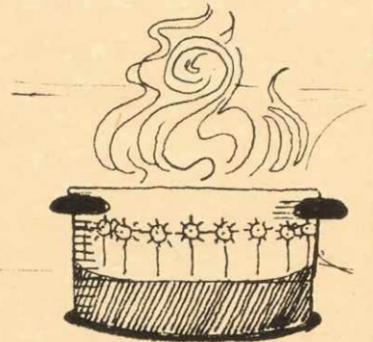
MILLET

Use two parts liquid to one part grain. It takes a half an hour to cook.

BUCKWHEAT GROATS

Buckwheat groats are tasty, nutritious and exceedingly soft.

Use two parts water to one part grain. Bring the liquid to a rolling boil. Trickle in the buckwheat groats. Cover the pot and turn off the heat. Allow groats to absorb all the liquid. In five minutes, the groats will be ready to eat.



COOKING SOYBEANS

Soybeans are quite bland and baked soybeans made with a zesty sauce can be delicious. Soybeans retain their crispness.

Rinse soybeans and then soak them in hot liquid for 1/2 hour. For each cup of beans, use 2 1/2 cups of hot liquid. After they are soaked and reconstituted, simmer them gently for 10 minutes. Drain, season and serve them.

An excellent book for a wide range of information of food ranging from the description and cooking methods of obscure vegetable to the making of sauerkraut and sourdough buy Beatrice Trum Hunter's **Favorite Natural Foods**. Besides having invaluable information, it also contains some excellent recipes employing the food about which she writes.

Part IV Other basic information

If you buy whole or skim milk powder, this is the recommended way of mixing it.

Blender In a blender, put 40 oz of warm water. Add 1 cup of milk powder while the blender is in motion. (more to taste).

Hand-Make a past with milk powder and water, gradually adding the milk powder to a minimum amount of water and mixing well. 1 cup of milk powder to 1 quart of milk, or to taste.

WHEAT GERM

If you buy wheat germ and are planning on storing it for more than a week, store it in a plastic bag in the fridge. The wheat germ has a lot of oil in it and if the oil mixes with the air it will oxidize and become rancid. If you eat rancid foods, your body has to use up Vitamin B.

BREWER'S YEAST

Brewer's yeast, an excellent source of **vitamin B** is a by product of beer. The sediment at the bottom of a tank of fermented beer is removed and dried and this is brewer's yeast. The yeast is inactive but contains the nutrients of the grain used to make beer.

Nutritional Yeast--this yeast is not a by-product of beer and has the nutritional quality of Brewer's Yeast. Two common types are Engevita and torula.

SPICES, HERBS AND TEAS

The beans Sprout has a large and varied collection of herbs, teas and spices from which to chose. Many **herbs** are medicinal such as those mentioned below.

Foenugreek-soothes mucus membranes. It is very good for nursing mothers since it makes more and richer milk. It is also good for heavy mucous during a cold.

Fennel seeds-are eaten after a spicy, hot meal. They remove the hot breath and give the mouth a refreshed sensation. **Chia**-is meant to be eaten as it is and is good for giving energy. **Flax**-is prescribed as a laxative and is administered as a thick tea.



Yerba mate-is a natural caffeine and the national drink of Brazil. **Confrey**-is a medicinal herb used and has been for hundreds of years to help knit bones upon breakage. is helpful for respiratory illness.
Papaya-provides an enzyme which aids digestion.
Peppermint- soothes upset stomachs.



Part III The Staple's Stories

OAT STORY

When oats are harvested the indigestible outer hull is removed and there remains a grain the shape of an oval. This is the tastiest and most nutritious of all forms of oats. Put some of these oats in boiling water before you go to bed, turn off the heat, let them soak and heat them up in the morning. This makes an excellent, flavorful porridge.

Scotch oats or steel cut oats - is the name for oats in which each kernel is chopped into three pieces. It takes 10-15 minutes to cook scotch oats into a soft gruel. Oats are also ground on a stonemill but turn out more like a meal-half way between flour and cut oats. Oats processed this way are usually called wheel oatmeal or scotch oatmeal and are used to make scotch cakes or a good porridge. Few people have seen real oatmeal.

Rolled oats are also referred to as oatmeal. Rolled oats are made by steaming out the kernel at a very high temperature until very soft. The oat is then pressed to a nice round oat flake. Rolled oats take about 10 minutes to cook to a completely soft gruel. Old fashioned rolled oats really don't need to be cooked. You can eat them raw, or pour water or milk on them and let them soak awhile, or cook for 2-3 minutes. This way they are a little chewier but taste just as good.

Quick Oats - are large flakes of old fashioned rolled oats which have been chopped up. Five minutes of cooking time will turn quick oats to gruel.

Instant Oats - are powdered quick oats. You need only add boiling water to make them into gruel. Because there is a decrease in flavor each time you process the oats, instant oats do not taste as good as old fashioned flaked oats.



The YWCA is offering a course on "Cooking with Natural Foods." The course begins 5 October at the Y on Barrington Street.

FLOUR STORY

A whole kernel of wheat is 1/16 of an inch long and includes bran which is the outside covering on the kernel of wheat, the germ which is the little nip at the end of the kernel from which the new sprout comes and endosperm, the starchy part of the kernel used to make flour. A wheat kernel is 2 1/2% germ, 14 1/2% bran and 83% endosperm. The bran has most of the bulk of the wheat and a lot of the minerals, and the germ has almost all the vitamins and a large amount of protein by weight. Most of the protein of the kernel is in the white flour.

In North America modern mills use grinders, sifters and blowers to separate the wheat kernel into its component parts - germ, bran, shorts, middlings, and several grades of white flour. (At the point in processing, the bran is cut up so finely it can't be separated from the flour. If there is more flour than bran you have middlings. If there is more bran than flour you have shorts. 28 streams of flour are produced and the streams are blended back together in different combinations to produce various types of flour.

Steel ground whole wheat flour is flour made by mixing back together the component parts of flour after it has been separated. This is done automatically by machine. The fact that the grinders have flaked the bran and germ explains why steel ground whole wheat flour has little flecks of brown and yellow.

Stone ground flour is wheat that is usually ground between two circular stones. This process pulverizes all the separate parts of the kernel to the same size so that you get an even brown color in your bread.

From 100 pounds of wheat, a flour mill will produce 72 lb. of flour, 26 lb. of animal feeds (bran, shorts, middlings, and germ) and 2 lb. of foreign wheat seeds such as barley seeds.

Once the flour is ground, it would normally take it three months to mature. At three months it has optimum baking characteristics such as causing the bread to rise consistently. Before three months, bread made with this flour is likely to rise to varying degrees. It would take a lot of money to tie up warehouse space for the three months aging process. Therefore, the processors add a chemical called a maturing agent. This is an oxidizing agent which artificially matures the flour. A gassing agent is also added to the flour to make sure that bread baked with it will rise to the same height each time. A bleach is then added to turn the newly, ground creamy flour to the white color that it would acquire during a natural aging process.

All the chemicals used for maturing, gassing and bleaching the flour are approved by the Food and Drug Administration and supposedly have proved safe for human consumption.

Natural flour is regular white flour to which no chemicals have been added. Neither have vitamins or bran been added back.

Unbleached flour has not bleach added but it does have vitamins and a maturing agent added to it.

It has a very gradual deterioration up to one year old under suitable conditions. It is not the snow white flour that we know and love so well.

The Nutrition Canada Survey, the most comprehensive nutrition study ever undertaken in Canada, was carried out over a period of two years (October 1970 to October 1972).

The survey sample consisted of equal numbers of men and women from various age and income groups.

The Nutrition Survey shows that approximately half of the adults in Canada are overweight.

SUGAR

Sugar cane is **mashed** up and the fibres are separated to produce a sweet, syrupy sticky mass of dark brown crystals. The liquid is then taken off, leaving raw sugar which is large crystallized dark brown chunks largely composed of sucrose but also containing a lot of minerals, notably calcium and a few valuable trace minerals like chromium.

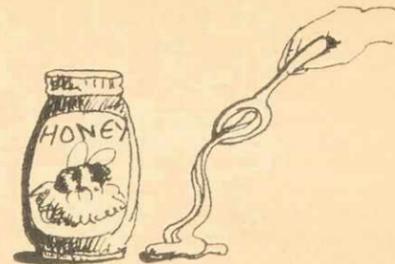
Big boats carry cargoes of this raw brown sugar to Canada where at Canadian refineries the dirty brown sugar is processed into clean, bleached white sugar which is 99.9% sucrose. There is no stage in processing in which it is possible to take off clean raw sugar. A valuable by-product of this refining, however, is blackstrap molasses which contains all the minerals and vitamins present in the raw sugar. Blackstrap molasses is high in calcium, minerals and B vitamins B1 and B2. Blackstrap molasses is 60% sugar and 40% minerals and extremely bitter. It is often prescribed as a tonic. Add a tablespoon of black molasses to a cup of hot water with lemon juice added.

BROWN SUGAR

Brown sugar is white sugar, 99.9% sucrose with molasses added back and recrystallized. Even what is popularly called raw sugar is the same thing - white sugar with the molasses added back and recrystallized. There are varying grades of "raw" sugar. Demerara has the lowest proportion of sucrose - 88%.

MOLASSES

Store-bought molasses is made with sugar syrup and black strap molasses. The percentages vary with brands but generally it is 80% sugar syrup and 20% black strap. The heaviest black strap brand available on the market is called cooking molasses which is 80% black strap and 20% fancy (table molasses). This molasses sells only in Newfoundland. Blackstrap molasses can be made an excellent table molasses. Mix it half and half with honey. The honey stretches out the full bodied flavour of the blackstrap molasses and makes it less bitter.



HONEY

All honey originally comes from the hive in liquid form but in North America it usually crystallizes after 3-6 weeks depending on the blossom the bees have eaten. Because liquid honey crystallized, people thought the bees had been fed sugar. It was called sugared honey and promptly rejected. Honey processors, frustrated by the reaction of housewives, started to liquify it. In order to maintain honey as a liquid, it is heated to 165F. It will then stay a liquid unless refrigerated which may cause it to crystallize. Nobody knows about the enzymes of honey but people know that raw honey, which hasn't been subjected to any heat, will ease a sore throat and a cold better than pasteurized honey. Raw honey usually tastes better.

Heated honey was then called pasteurized honey - a misleading term since the honey is not actually boiled. But the word had appeal for both honey producers and consumers because it is associated with cleanliness and safety. Few people know that honey is a natural antiseptic and antibiotic simply because it is too sweet for germs to live in.

Nevertheless, honey is heated to a temperature of 165° to keep it a liquid, and to prevent fungus and yeast growth. Some beekeepers use holding tanks which have an automatic heater set at 120° F - a minimal temperature to keep the honey moving. This frees the farmer to tend to other business since he simply melts down the honey should it solidify. On the other hand people who produce raw honey work at least twelve hours a day during honey harvesting time. They have to package the honey before it solidifies or be left with the task of scooping out tons of solidified honey by hand. Understandably, raw honey is not plentiful.

In the southern states and the tropics there are certain honeys that rarely solidify. This depends on the blossoms the bees have eaten. Eucalyptus and orange blossom honey for instance, can stay years in a jar without crystallizing. A Canadian liquid honey has been either pasteurized or heated or is less than a few months old. Since pasteurized honey is flash heated at 165°F for a few seconds only, it is probably better than heated honey which is maintained at 120° for several hours. Another complication arose with marketing honey. When honey crystallizes naturally sometimes, large coarse crystals form. Since some people did not like these large crystals, the processors mixed the pasteurized or heated honey with a small amount of fine crystal honey, and stirred it around for several hours. This is called creamed, whipped or churned honey. In most cases pasteurized honey is used to make creamed honey.

Every honey is different since the taste depends upon the blossoms eaten by the bees. Nova Scotians prefer the distinctive taste of local honey. Western honey produced by big co-operatives is cheaper but has a uniform taste since so many types of honey are mixed together.

OIL

In the processing of soybean, sunflower and other seeds, the seeds are cooked to a pulp, then auger-presses squeeze the pulp. Because this process releases only 2/3 of the oil, a solvent is floated over the pulp which dissolves the oil. This oil floats to the top and is skimmed off. A heating process evaporates the solvent leaving the oil solvent-free. The oil obtained from both processes (pressed and solvent-extracted) are combined.

At this point the oil is full of color, flavor and vitamins. However, the natural dark coloring of most oils was thought to be unappealing. Therefore, manufacturers bleach the oil until it is completely transparent, an equally unappealing color. So, the manufacturers color it to a mellow yellow and put it through four or five different steps to purify, it of sediments which would settle to the bottom or cloud it. Processors heat the oil to 400° F with steam, and filter it through diatomaceous earth, chemical filters, degummers and boric acid. The finished product lacks taste, smell and vitamins. All tasteless, odorless oils have been chemically refined.



Nutrient	Chief Functions	Important Sources
Protein	Provides nitrogen and amino acids for body proteins (in skin tissues, muscles, brain, hair, etc.), for hormones (substances that control body processes), for antibodies (which fight infections), and for enzymes (which control the rates of chemical reactions in our bodies).	Milk, cheese, yogurt, eggs, fish, poultry, soybeans, lean meats, wheat germ, nutritional (brewer's) yeast, and certain vegetable combinations.
Fats	Provide concentrated source of energy. Carry certain fat-soluble vitamins (notably A, D, and E) and essential fatty acids. Provide insulation and protection for important organs and body structures.	Whole milk, most cheeses, butter, margarine, nuts, oils (preferably unsaturated, unhydrogenated).
Carbohydrates	Keep protein from being used for energy needs, so protein can be used primarily for body-building functions. Also necessary for protein digestion and utilization. Provide our main source of energy. Provide the glucose vital for certain brain functions.	Fruits, vegetables, whole-grain bread, cereals, grains.
Vitamin A (fat-soluble). Extra vitamin A is stored in the liver—that is why animal livers are such a good source.	Helps to resist infection. Helps eyes to adjust to changes from bright to dim light (prevents night blindness). Needed for healthy skin and certain tissues, such as the lining of the eyes and lungs.	Liver, whole milk, fortified margarine (A is added), butter, most cheeses (especially Swiss and Cheddar), egg yolks, dark green and yellow vegetables (especially carrots, parsley, kale, and orange squash), apricots.
Vitamin D (fat-soluble).	Needed for strong bones and teeth (regulates calcium and phosphorus in bone formation). Essential for calcium absorption from the blood.	Sunlight shining on bare skin, vitamin D-fortified milk, fish-liver oil, sardines, canned tunafish.
Vitamin E (fat-soluble).	Helps preserve some vitamins and unsaturated fatty acids (acts as an antioxidant). Helps stabilize biological membranes.	Plant oils (especially wheat-germ oil and soybean oil), wheat germ, navy beans, eggs, brown rice.
Vitamin C or ascorbic acid (water-soluble). C is easily destroyed by air and heat. Like many other water-soluble vitamins, it is <i>not</i> stored in the body, so we need some every day.	Needed for healthy collagen (a protein that holds our cells together). Helps wounds to heal. Needed for normal blood-clotting and healthy blood vessels. Needed for iron absorption. Spares or protects vitamins A and E and several B vitamins. Needed for strong teeth and bones.	Citrus fruits, green and red peppers, green leafy vegetables, parsley, tomatoes, potatoes, strawberries, cantaloupe, bean sprouts (especially mung beans and soybeans).
B vitamins (water-soluble) include thiamine (B ₁), riboflavin (B ₂), niacin, pyridoxine, folic acid, cobalamin (B ₁₂), cholene, etc.	Needed for steady nerves, alertness, good digestion, energy production, healthy skin and eyes, certain enzymes involved in amino-acid synthesis, maintenance of blood.	Whole-grain breads and cereals, liver, wheat germ, nutritional yeast, green leafy vegetables, lean meats, milk, molasses, peanuts, dried peas and beans.
Folic-acid deficiency is common during pregnancy. It may also be caused by birth-control pills.		
Riboflavin is destroyed by sunlight, so use milk containers that keep out light.		

Nutrient	Chief Functions	Important Sources
Fatigue, tension, depression are often signs of a B deficiency.		
Calcium	Needed for building bones and teeth, for blood-clotting, for regulating nerve and muscle activity, for absorbing iron. Calcium is more easily digested when eaten with acid foods (such as yogurt or sour milk).	Whole and skim milk, buttermilk, cheese, yogurt, green vegetables, egg yolk, bone-meal powder, blackstrap molasses.
Phosphorus	Needed to use protein, fats, and carbohydrates, to transform energy in the body. Makes up part of all the body's cells. Needed for building bones and teeth.	Milk, cheeses, lean meats, egg yolks.
Iron	Makes up an important part of hemoglobin, the compound in blood that carries oxygen from the lungs to the body cells. Daily intake is important. Children, teen-agers, pregnant and menstruating women are especially likely to have iron deficiencies.	Lean meat, liver, egg yolk, green leafy vegetables, nutritional yeast, wheat germ, whole grain and enriched breads and cereals, soybean flour, raisins, blackstrap molasses.
Iodine	An important part of thyroxine; helps the thyroid gland regulate the rate at which our bodies use energy. Affects growth, water balances, nervous system, muscular system, and circulatory system.	Iodized salt, seafoods, plant foods grown in soil near the sea.
Magnesium	Required for certain enzyme activity. Helps in bone formation.	Grains, vegetables, cereals, fruits, milk, nuts.
Potassium	Needed for healthy nerves and muscles.	Seafood, milk, vegetables, fruits.
Sodium, chlorine, fluorine, and other trace minerals.	Varying functions, many of them not well understood. Fluorine is especially important from birth to six months. It helps to prevent tooth decay by hardening tooth enamel.	Meat, cheese, eggs, seafood, green leafy vegetables, fluoridated waters, sea salt.
Water	Not really a nutrient, but an essential part of all tissues. Most people need 6-7 glasses of fluid (water, tea, juice, etc.) a day to keep good water balance in the body.	
Roughage (cellulose)	Also not a nutrient, but important for stimulating the intestinal muscles and encouraging the growth of certain intestinal bacteria. Keeps teeth clean and gums healthy.	Fruits, vegetables, whole-grain bread and cereals.

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Our Bodies Our Selves is a book on health and body care for women. It was produced by the Boston Women's Health Book Collective. **Our Bodies Our Selves** is available at many bookstores in metro.