

Quitting is easy

By JANE MCLEOD

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

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

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

Thirty-six initially enrolled in the program, but by the fourth day attendance was down to twenty-three. (Presumably the drop-outs decided not to quit, or at least not to follow the plan.) Of the people

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

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

A follow-up study will be conducted to see how many have actually "joined the majority". In the meantime, anyone interested in the Five Day Plan, please contact the Health Centre 453-4837. If response is good, we are planning to conduct another program this term.



Photo by Shaver

Letters

Moffatt replies to Bruns criticism

One benefit from being in the S.R.C. is that by the end of your term you have acquired quite a skill in writing letters, as usually one member of the S.R.C. executive writes to defend the good name in the S.R.C. by means of letters to the editor that are published in the Bruns every week. This on going verbal war has been going on since time first began or when ever the S.R.C. & Bruns were conceived (which ever came first). But despite all the name calling and threats and rebattles the S.R.C. & Bruns have a crazy relationship. The editor will never wake up some morning to find that her budget has been slashed in half nor will their equipment be packed up and sold.

The Brunswickan, CHSR (and other medias), and the S.R.C. work for the benefit of the students and despite their regular confrontations, they do what they feel is best for the student body...but that is where it stops.

It seems that at the present time a one way street has developed within the student body. Due to the system we work within a few

select people who have been confronting student issues which lead to head without the general approval or interest of the rest of the student body. It's no ones fault. The every day routine things that go on at the S.R.C. are exactly what they are called routine it would be hard to raise mass student notes on weather or not we replace the xerox machine nor do I think the student body would rise up in protest if we decided not to hold a S.R.C. meeting during March break.

Its small issues like this that take up much of the S.R.C.'s time. When we see much contention in such as going in or out of us, a rise in tuition, or the cancellations of pubs (if it ever happens), its then hopefully the student body will come alive and speak up.

Apathy exists only as long as the student is not directly personally. People read a cause to rally around and fortunately or unfortunately there hasn't really been one for quite a while. The Vietnam war is over, Norman Strass is off campus, along with

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

When I look at the numbers that are running for S.R.C. portions and I see that the President and Comptroller one in by acclamation then I often wonder if this isn't the case.

On February 16 & 17 the Maritime Provinces are having a meeting and no doubt they will be coming down with their spending budget for Maritime Universities. Since the MPHEC recommendations are continually ignored there is no doubt that this year will be any exception. Since the feending will be again low, the MPHEC has recommended tuition increases, and according to the Draft Study report (UNB has to show restraint). One can imagine that there is a good chance for a run in tuition next year.

As I stated earlier apathy remains as long as the student isn't personally affected. Well,

nothing is more personal then an increase on already very high tuition. Already we are paying some of the highest tuition rates in the country. When the MPHEC recommended that tuition rates rise with the cost of living they certainly showed little sympathy of the true problems which we students face. On the other hand we have extremely high unemployment (compared by Bell C-14 which exempts many students from collecting it), a minimum wage which it self does not keep up with the cost of living, and on the other hand a rise in tuition. We as students are not blind to the Maritime "reality" nor do we

ignore the fact that we must assume the responsibility that we must pay our part. What is not being taken into consideration is that for most of us, we are already paying a great deal of money and we cannot take on anymore of the so called "University Job."

You will be hearing a lot more about this issue in the near future. Keep in touch, contact your S.R.C. representative, write a letter, kick a wall...do anything to show that you approve or disapprove with a tuition hike. Its coming, sooner than you think.

BY Blair Moffatt
Vice President Internal





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