

# Class stresses new nutrition

By LINDA CHAPMAN  
Of the Emerald

The way to good personal nutrition is to "experiment with your own body," according to Ray Pent, who teaches this term's SEARCH class "The New Nutrition."

Co-taught by anthropology graduate Donna Duncan, the 407G class carries full credit from the anthropology department and is classified under "nutritional anthropology." The thirty-member class discusses the "economics and ecology of food," cultural diet factors, personal diet analysis and the relation of diet to disease.

Peat is the author of "Nutrition for Women," a series of short discussions on chemical reactions induced in the body by various foods, additives and chemicals.

Peat opposes the use of estrogen, the main ingredient in most oral contraceptives, on the grounds that it counteracts thyroxin, the chemical which reg-

ulates metabolism and brain function. It has been discovered that plasma donated by women taking birth control pills turns green from copper contamination, according to Peat. Copper in poisonous amounts in the body can cause infertility, he says.

Peat warns those who eat peanuts and soybeans in great quantities should take iodized salt or an iodine supplement to prevent goiters. This is especially pertinent for vegetarians.

In spite of recent attacks on the side effects of coffee and other caffeinated drinks, Peat notes that a cup of coffee has 100 per cent of a person's daily requirement of vitamin B1. Caffeine has been used to treat eczema, and some tests have found caffeine to inhibit the cancer-causing nature of tobacco smoke, he says.

Dieters should note that a thousand-calorie diet is superior to fasting, Peat advises. The same weight loss is achieved by both methods in the same amount of time, but more fat and less muscle tissue is lost on the

thousand-calorie diet, he says. Meals should be frequent and small 200 to 300 calories — to avoid raising the insulin in the blood to the fat-producing level.

The frustrating reality of the person who eats and eats and does not gain weight, in spite of normal energy consumption through exercise, can be explained, Peat says. Brain function consumes from one-fourth to one-half of total calories consumed by the body, and internal stress can drain the system of nutrients, he says. Thus tense people may be thinner than those whose major stress is external.

Peat, who has a Ph.D. in biology (physiology) from the University, says that he is "not trying to sell a doctrine, but to make people think for themselves." He has taught at a number of colleges, universities and high schools and is presently a consultant to the Medical Diet Service of Portland and Seattle. Peat is also the author of "Mind and Tissue" and is presently writing a book on cancer, immunity and stress.

## Strike force needed

### Horton suggests crime deterrent

In response to the recent shooting death at Tom's Market on 19th Avenue and Agate Street, Lane County District Atty. Pat Horton proposed a "metro strike force" to combat the rising wave of violent crime.

"Eugene-Springfield is approaching the size when it could use a metro strike force," Horton said. "This would be a special team of detectives who would go for the professional burglars."

Horton said the team could be modeled after the Lane Interagency Narcotics Team (LINT) by using personnel from several law enforcement agencies in Lane County. He

cited the consolidation of police services in Jacksonville, Fla., as an example of how agencies could more efficiently use their resources, and called such action "the trend of the future." He admitted, however, that a metro strike force for Lane County is a long way off.

In the meanwhile, Horton had some advice to people working in late-night retail operations such as grocery stores and gas stations.

"I don't think it's a good idea to resist," Horton said. "Give him what he wants. After all, what's in the till, \$100-\$200? That's not enough to cost a person his life."

## Adler talk set

A symposium celebrating the life and work of Alfred Adler is being sponsored by the University Division of Developmental Studies and Services, College of Education.

The theme of the symposium is "The Individual Psychology of Alfred Adler." Keynote speakers will be Drs. Heinz and Rowena Ansbacher, distinguished students of and collaborators with Adler.

The symposium is Oct. 22 and 23. Inquiries about the symposium may be directed to Pathfinders Series, DeBusk Memorial Center, Division of Developmental Studies and Services, College of Education, University of Oregon, Eugene, 97403.



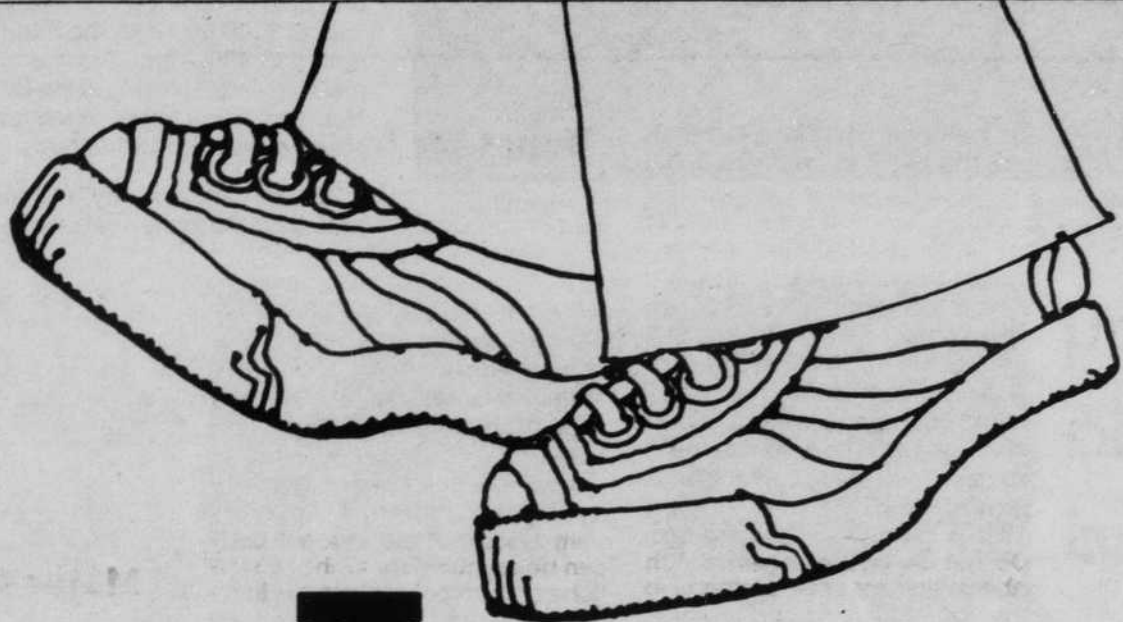
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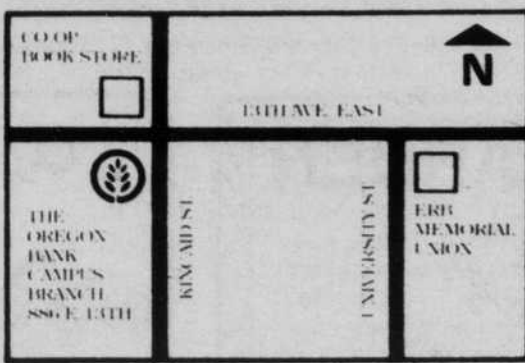


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