

Spoiled food not always spotted

Use care when handling food

by Rose Delano
Battalion Reporter
A Texas A&M microbiology lab instructor says people should pay more attention to the way food is handled in order to avoid spoilage or illness that could re-

sult from eating the spoiled food. "People have the common misunderstanding that they can spot rotten food," says Gary Acuff, lab instructor in food science. "It's the ones you can't see

or can't smell that cause you harm." Foods that show signs of spoilage usually are thrown out, but foods with harmful pathogens aren't because they don't show physical signs of spoilage.

Slow cookers, however, usually work well because they start off at a higher temperature, he said. "You have to have your circumstances to find your problem," he said. "A big problem is cross contamination."

in a kitchen and no one wants to either. Good hygiene in the kitchen helps things immensely."

Acuff said people should be more careful not to expose food to unsuitable temperatures and should try to avoid cross contamination.

Unpasteurized milk also has been the cause of many food borne illnesses, he said.

Poultry should be handled very carefully, he said. Salmonella, which causes severe diarrhea, is common to poultry and eggs. Poultry should be cooked thoroughly and eggs should never be eaten raw, he said.

He said it's a common misconception that mayonnaise will cause sandwiches to spoil faster. "Mayonnaise is probably the reason I'm still here," he said. "In first grade, my mother used to send me to school with a bologna sandwich with mayonnaise. Depending on how much meat you have, the mayonnaise, which is acid, usually preserves it well."

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Among other problems causing food borne illness, improper home canning accounts for many food poisoning cases, he said. "This business of canning without pressure is dangerous," he said.

He said food should not be left at room temperature too long because it's an ideal incubation atmosphere for bacteria. Slow cooking in ovens also causes bacterial growth, he said. "You have to give it time to grow," Acuff said. "I have seen ovens with a timer you set. You have to set the stuff in there a long time before it actually starts cooking."

"When I grew up, I always was taught by my mother that when working in the kitchen I should wash my hands before handling the meat so as not to get it dirty. It wasn't until I started thinking about this stuff that I realized that you should handle the meat and then wash your hands so you don't carry anything from the raw meat to the cooked product."

Many cases of food poisoning go unreported. Many people don't think they have an illness that is caused by food, he said. Many cases of the flu are believed to be cases of foodborne illness, but tests must be taken to determine this, he said.

Staphylococcal food poisoning is the most common reported food borne illness in the United States. Staphylococcus aureus bacteria can easily be transmitted to food by excessive handling or even a sneeze. "You should try to handle food as little as possible," Acuff said. "I know it's hard to be accep-

ting to a month.

Chiropractor Paul Tuthill claims it's easy: just pop one of his cassettes in the tape player and relax. Before long an inaudible message will imbed itself in your mind and, voila! Your desire to overeat is gone, you've given up cigarettes and you've never hit a golf ball so accurately in your life.



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Where's the fish?
Brian Boyce, 4, plays in the fountain near the Chemistry Building. Brian was the campus with his mother, who is a student at Texas A&M.

Subliminal tape usage debatable

United Press International
GRAND RAPIDS, Mich. — Want to lose weight? Stop smoking? Turn yourself into a scratch golfer?
Chiropractor Paul Tuthill claims it's easy: just pop one of his cassettes in the tape player and relax. Before long an inaudible message will imbed itself in your mind and, voila! Your desire to overeat is gone, you've given up cigarettes and you've never hit a golf ball so accurately in your life.

Tuthill is president of Mind Communications Inc., which produces cassette tapes containing subliminal messages recorded at about five decibels below the audible range.
The trouble is that there is no scientific proof that subliminal messages work. Even a psychologist colleague of Tuthill's is skeptical and has been unable to get positive results in his experiments.

"We use very short, simple messages," Tuthill said. He became involved with subliminal messages about 18 months ago while trying to develop an alcohol rehabilitation program. "The results with our weight

rest me. I am important, proud of myself."
Tuthill claims his tapes more successful than other market because the message is simple and designed to go to the listener's self-esteem.
The messages are kept simple, he said, because the conscious doesn't handle complex sentences very well.

One satisfied customer is Bruce Gregaitis, a Grand Rapids factory worker who lost 100 pounds due to an injury and found himself plagued with insomnia and hypertension.
"I had a lot of problems being able to sleep at night also I couldn't relax," Gregaitis, 33, who listens to a tape with messages recorded along with the sound of ocean waves.

But Gregaitis admits listening to the tape without subliminal messages "might well have" produced the same results.
Tuthill offers no scientific evidence to prove the success of his tapes. Instead, he relies on research of colleague Halper, a former member of Tulane University Medical School staff.

Becker, inventor of the electronic equipment that produces the subliminal messages, keeps his tapes to department store chains and medical stores for use in reducing shopping and easing the anxiety of patients.
Becker claims one East department store chain cut sales by 37 percent and \$10 million during a nine-month trial.

Michigan State University psychology professor Charles Hanley, a specialist in the field of perception, finds the claim bit outlandish. "I don't want to break this guy's rice bowl," he said, "but what proof is there that your subconscious can hear things you can't hear? There have been a number of attempts to prove this kind of thing they've never panned," Hanley said.

Psychologist David Repp of Grand Rapids has performed two experiments with two groups — one involving college students and the other patients with migraines and headaches. He found evidence that the use of subliminal messages has any effect.
"I'm very skeptical," Repp said, "yet the potential is enormous. If it (subliminal messages) could go into productive behavior-promoting behaviors, there are doing an awful lot of good for society."

Cat's finicky about food, environment

United Press International
NEW YORK — Cat food manufacturers foster the idea that felines are finicky eaters. It's not the food they're choosy about, studies show, but such things as frequency of meals, familiar surroundings, sudden environmental changes and absence of a familiar companion.

Cornell University veterinary college researchers found a group of breeding cats refused a certain food because the bowls it was in had been washed in an unfamiliar disinfectant, according to the Pet Information Bureau.

A bureau announcement adds that studies of cats' eating habits reveal a distinctive pattern, not finickiness. Cats prefer many small meals day — as many as 12 in some cases. Unlike dogs, they will eat in the dark as well as in light.

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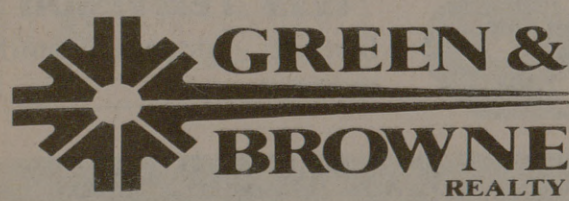
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