

Red wine study seeks reasons for healthy hearts

WHEN PhD student Will Greenrod considers of a glass of red wine, he's not thinking about what kind of cheese will make a perfect accompaniment.

He has a more serious interest in the drop, examining whether moderate consumption of red affords some protection against heart disease, Australia's number one killer.

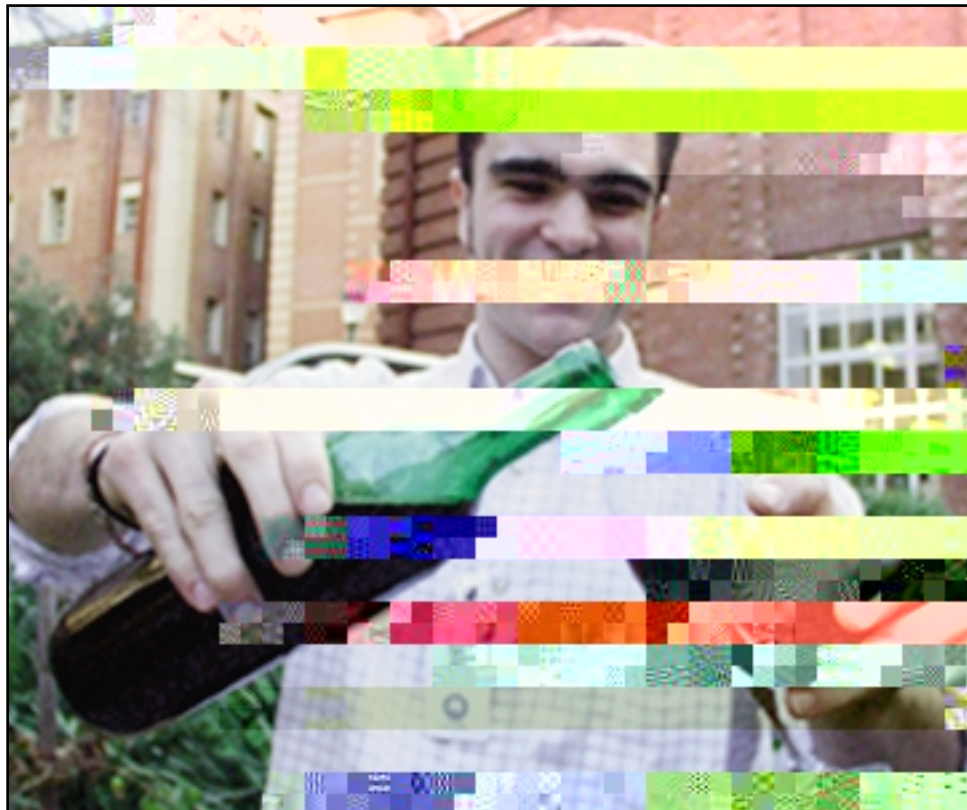
In the 1990s, media hype surrounded red wine thanks to a phenomenon dubbed the "French Paradox". The term derives from an observation that despite an equally high incidence of risk factors, such as heavy smoking, a sample of men in the south of France had a very low actual incidence of cardiovascular disease compared to a matched sample elsewhere in the world. The most apparent difference was the French's fondness for red wine.

In support of the World Health Organisation's recommendation that wine consumption may confer health benefits to the moderate drinker, "We are hoping to expand on current evidence, and possibly even characterise the protective element," Mr Greenrod said.

Based at the CSIRO's Division of Health Sciences & Nutrition, Mr Greenrod is hoping to link the effect to a particular component of red wine.

"For its volume, red wine contains a high level of compounds called polyphenols. One example is catechin, a compound also present in green tea," he said.

These compounds are thought to act as dietary antioxidants. While oxidation by free radicals in the body is necessary to, for example, break up bacteria and activate enzymes, if the level of oxidants outweighs that of the antioxidants (such as during heavy exercise), the body



Will Greenrod pours a potentially healthy glass of red wine. Photo: David Ellis.

becomes stressed and some of its vital systems may be adversely modified.

"In the case of heart disease, it is speculated that oxidative damage occurs to particles in the blood called lipoproteins—particularly low-density lipoproteins (often termed 'bad' cholesterol), which in turn may form deposits in your arteries which can restrict blood flow," Mr Greenrod said.

Although the polyphenols in red wine have been shown to act as antioxidants in a test tube environment, this does not necessarily mean that the body can make use of them. Mr Greenrod needs to first determine if the body can actually absorb these compounds from the wine, before assessing whether they protect the system against excessive free radical activity.

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Fancy a drop?



Volunteers are now being sought to participate in the red wine study. They must be men aged between 40-60 years, and non-smokers.

"Volunteers need only make a couple of short visits to the CSIRO, where tests will be undertaken to measure risk factors for heart disease. Volunteers' individual results will be made available to them at the end of the study," Mr Greenrod said.

Volunteers will need to maintain a diet limited in other polyphenols to ensure that wine is the major contributor. And, of course, they can also expect to partake in some moderate wine consumption. Mr Greenrod assures that this does not involve browsing the shelves of the local bottle store: "A non-commercial blend of 1997 Grenache Shiraz has been sourced for the study."

To volunteer for the study, call Mr Greenrod on 8303 8982, or email <will.greenrod@hsn.csiro.au>.

Whiplash mystery continues

WHIPLASH remains a puzzle, despite a major study into the potential reasons why some sufferers take longer to recover than others.

Researchers from Adelaide University have released the first findings of a study which seeks to draw some conclusions about the risk factors associated with longer whiplash recovery periods.

The results to date have been far from conclusive, and the researchers are now turning their attention to psychosocial factors. They're seeking volunteers—Adelaide residents who've suffered a recent whiplash injury—to participate in the next phase of the study.

Whiplash has long been a mystery for health professionals. While some sufferers recover quickly, others have lengthy, sometimes permanent disabilities. Even X-rays and CT scans show no apparent reason for the problem.

A collaborative team at Adelaide University, involving Dr Orso Osti (Orthopaedic Surgery & Trauma), Dr Richie Gun and Ms Alison O'Riordan (Public Health) and physiotherapist Mr Grant Taylor, is undertaking an internationally funded study to investigate whiplash injuries.

Chilli link to cancer a hot issue

A RECENT *Adelaidean* story on research into chillies has received national attention because of findings that about 80% of imported chilli products are contaminated with higher-than-approved levels of aflatoxin, believed to be a potent carcinogen.

The story prompted the Australian & New Zealand Food Authority (ANZFA) to conduct a survey into the risks posed to those who eat imported chilli products.

Dr Andreas Klieber from the University's Department of Horticulture, Viticulture & Oenology made the discovery as part of a study into the growing and processing of chillies in Australia. The *Adelaidean* sought further comment from Dr Klieber about the risks of consuming imported chilli products:

"I would say that people should not stop eating chillies. The aim was really to get the industry to start monitoring for contamination and to correct problems, as they are legally bound to. This reduces the overall load of aflatoxins that we may be exposed to, and that can only be healthy, especially since we as a

nation are eating more chillies and other spices," he said.

ANZFA has calculated that the likely exposure to aflatoxins in those people who eat a lot of chillies is about 80% of that expected from people consuming peanuts containing the maximum permissible level of 15 micrograms per kilogram ($\mu\text{g}/\text{kg}$). They conclude that dietary exposure to aflatoxins from chillies, while significant, is not as high as that from peanuts.

Dr Klieber agrees, but puts it another way: "At 80%, the impact of spices seems to be nearly as important as the impact of peanuts. Therefore, if they are monitoring peanuts, they should also be monitoring spices."

ANZFA has since released a statement clarifying the nature and source of aflatoxins in food, and explaining that the Food Standards Code limits its level in nuts to $15\mu\text{g}/\text{kg}$ and in other foods to $5\mu\text{g}/\text{kg}$. ANZFA concludes that, on the basis of the known toxicity of these substances and the level of consumption of chillies in Australia, the levels are not considered to pose a significant health risk.

This concurs broadly with Dr Klieber's original findings, which stated that significant consumption of chilli and paprika spice could be in the order of two-five grams per day. In the worst measured case of contaminated product in Dr Klieber's study, this would translate to $0.5\mu\text{g}$ of aflatoxin consumed per day.

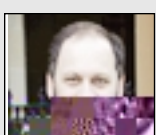
ANZFA has now asked the Australian Quarantine & Inspection Service to increase the monitoring and testing of imported chilli-based foods, including other spice products which may be susceptible to aflatoxin contamination.

Dr Klieber prepared an extensive report earlier this year for the Rural Industries Research & Development Corporation, which funded his research, and a detailed fact sheet on the reduction of aflatoxin contamination risk of chilli and paprika products. Dr Klieber's fact sheet is available free of charge from the Media, Marketing & Publications Unit, Adelaide University, SA 5005 or in electronic form from <rob.morrison@adelaide.edu.au>.

ANZFA's information officer can be reached at (02) 6271 2241.

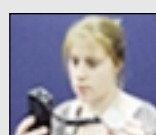
—Rob Morrison

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Letters to the Editor

Please send your letters to the editor, David Ellis, at the address below or email to: <david.ellis@adelaide.edu.au>.

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LETTERS TO THE EDITOR

Chancellor's Committee

With respect to your correspondent Dr Bob Clarke (The *Adelaidean*, 14 August 2000) and others who have suggested that "the decision making power of Council" was "delegated to a small sub-committee" presided over by the Chancellor, the resolution passed at the 31 July Council meeting did nothing of the sort.

The resolution provided for the establishment of a committee of Council to review and advise Council on matters coming before it. Apart from that, in strictly limited circumstances, where it is "essential in the interests of the University" to do so, the Chancellor, with the support of the sub-committee, might exercise delegated Council powers, on condition that the exercise of any such delegation be "submitted to the next meeting of Council for ratification".

Ratification may be granted or withheld entirely at the discretion of Council.

Furthermore, section 10(2) of the University of Adelaide Act, which is the section under which the resolution was passed, provides that "The delegation of powers under this section does not derogate from the power of the Council itself to act in any matter".

It follows that Council's powers and responsibilities remain completely unaffected. I would not

have supported the motion had it been otherwise.

The Honourable Justice Perry
Council Member

New Chancellor

I have viewed with increasing alarm Mr Champion de Crespigny's heavy-handed introduction to the office of Chancellor as reported in the *Adelaidean* and elsewhere. I graduated BScHons from the University of Adelaide (oops, Adelaide University) at the end of 1960 and I have been in Universities ever since—for 44 years altogether, here and over-seas. My credentials would therefore seem to be impeccable for Chairmanship of the Board of Directors of Normandy Mining Ltd, given that the new Chancellor has never worked in a university and by his own admission knows little of its history, culture, teaching and research, yet can still march into the university with hobnail boots.

Mr de Crespigny (he is no Champion to me) perpetuates the myth that Adelaide must soon become "a great world university" like Oxford, Cambridge, Harvard etc. no doubt. This is arrant PR nonsense. For example, Adelaide has "produced" two Nobel Prize winners, both of whom had left the university before they did their prize-winning work overseas. More than

most I have tried to remind Adelaide of its legacy in this regard, but I also know that the Cavendish Laboratory in the University of Cambridge had some nine or 10 Physics Nobel Prize winners on its small staff in the 1930s. The notion that Adelaide will soon rival this sort of record is a self-eininoT*0.0143 Tc0.7866sm8 kertill

Open Day 2000 draws them in

UP TO 12,000 people got a taste of university life at Adelaide University's Open Day on Sunday 13 August.



Teaching & Research excellence – do they go together?

I was sitting in an airport lounge in Singapore last month when I picked up a copy of *The Daily Telegraph* featuring the latest league tables of British universities.

Some of you will be familiar with these tables. They're compiled annually drawing on information from a range of sources, including the Quality Assurance Agency for Higher Education, the funding councils, the Higher Education Statistics Agency, and several other bodies. The resulting league ladders provide a snapshot of how British universities perform in a range of categories, including teaching excellence, research, student staff ratios, graduate employment, income from research grants and so on.

Ratings for teaching excellence are based on inspections of university departments by the Quality Assurance Agency for Higher Education. Each inspection lasts three days and is carried out by a team of academics, accompanied by other experts in the field. The team sits in on lectures and tutorials, talks to present and past students and employers and examines the department's records.

Assessors take each department's aims and objectives as their starting point and judge how well these are met in six areas: the curriculum, the teaching, the progress students make, the support and guidance they receive, the resources available and how well the department is run.

What's striking about the league table for teaching excellence is that it's dominated by the high-performing research universities. Four of Britain's top five teaching universities—Cambridge, Imperial, Oxford and Warwick—also rank among the top five research institutions. This is a result worth pondering given the continuing debate about whether good-quality education and research are linked.

I wonder how Adelaide University would rank in a similar survey of teaching excellence in Australian tertiary institutions. My feeling is that we would compare favourably with the best in the country. The 1994 quality review by the Committee for Quality Assurance in Higher Education ranked us in the top group of Australian universities and, since then, we have introduced many initiatives aimed at further improving educational standards.

We've developed a University Learning and Teaching Plan 2000-2002 and are establishing learning and teaching committees in Faculties. We've introduced Departmental Learning and Teaching Awards, teaching development awards and the annual Stephen Cole the Elder Prizes for Excellence in Teaching. In addition, any department wishing to improve its information technology resources can now apply for finance from our Matching Funds for IT Development budget.

I believe that these and other initiatives would help to ensure a strong showing by Adelaide University in any survey of teaching excellence. But what about individual departments? Would all of them rate equally in a British-style inspection? Which would be the star performers? Would they be the same departments that are also good at research? It's an intriguing question in the light of the British experience.

MARY O'KANE

From Page 1

Mediterranean fashions have no bearing on why red wine is now getting all the scientific attention. During the production of red wine, the seeds and skins are left in after crushing the grapes, hence its distinctive colour and flavour. This also enables polyphenols to be drawn into the wine during fermentation. In making white wine, this plant matter is removed prior to fermentation, normally leading to a much lower concentration of polyphenols in the end product.

This raises the question of whether the alcohol component of the wine is less relevant than the colour and flavour derived from the original fruit. Indeed, polyphenols are found in other plant foods notably strong in colour,

such as blackcurrants and cocoa, although legumes such as soya beans and chickpeas contain them too. To clarify this, Mr Greenrod

Malaysian student wins Governor's award

THE Australia Malaysia Business Council SA Inc presented its Merdeka Awards 2000 at its Annual Dinner at the Adelaide Convention Centre on Saturday 12 August.

The event involved 400 corporate leaders, Malaysian and other business council members, university staff and international student leaders.

Applicants for the awards must be Malaysian students in their final year of higher education, demonstrate qualities that will enable them to act as ambassadors for South Australia, have outstanding academic records, demonstrate that they have made contributions beyond just their studies and that they have contributed to the furthering of the relationship between South Australia and Malaysia.

Final-year Mechanical Engineering student Eddie Choong received the Merdeka Award for an Adelaide University student (there was an award for a student from each of the three South Australian universities). The awards include a

hand-made glass trophy, \$1500 cash and four weeks work experience with South Australian companies that do business in Malaysia.

Mr Choong was also presented with the prestigious Inaugural Governor's Award for Excellence by Sir Eric Neal AC CVO for his exemplary and outstanding achievement and significant contribution to bilateral relationships. This award includes return airfare to Kuala Lumpur.

Adelaide University's Alumni Association is a member of the AMBC-SA Inc and represented on its executive committee. Alumni Chair the Hon Greg Crafter was present at the dinner to congratulate Eddie on his success.

—Geoff Sauer

Pictured from left: Stephanie Ngoi (Flinders University award winner), Eddie Choong (Adelaide University award winner), Datuk Adnan Othman (Malaysia High Commissioner), Sir Eric Neal (Governor of South Australia) and Sharon Yap (UniSA award winner). Photo: Sam Wordley.



AS a symbolic gesture of its 'reaching out' approach, the Alumni & Community

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ALBERTON: Beautiful, comfortable cottage, 15-20 mins by train to city. 2 br, lge living rm with b-i bookshelves, sep dining, gas heating, air cond., fireplaces and polished floors. New kitchen & bathroom with spa. Unfurn; pets neg. Bond & refs

10.00am Politics Postgraduate Seminar: Leo Strauss's Machiavelli by Kim Sorensen and Frequent Flyer Field Work by Jennifer Lauritsen. Room 420, Napier Building.

11.30am Politics Staff Seminar: The Political Lack in Australian Films by Greg McCarthy. Room 420, Napier Building.

12noon Plant Science Seminar: Genomics of wheat and barley by Professor Peter Langridge (Plant Science). Charles Hawker Conference Centre, Waite Campus.

1.00pm Clinical & Experimental Pharmacology Seminar: Do you give aspirin to a feverish reptile? By Dr Bruce Firth (Anatomical Sciences). Seminar Room, Level 6, Medical School, North.

1.10pm Law Seminar: Heterogeneous engineer: The

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1210pm Ltaint FW27.6(oorkshop)TTJ/F13 1 Tf04.4(9810 TD0.Tc0 Tw[(B)7.2(e)a)-6.87(n]TJ-11.4(98101.0721 TD-0.0001 Tc0.02329Tw[(Bdeep r11.4(y)-1.1S-1.7(eue)19.3(eoskng)-12175, oAenne Britlett& ar-12.8(ty7.7(hanne]TJT*-0.0004 Tc8(r)-6.8(k)-2Gale)-477.4(e)14.8(oo-3.6(tm 4183)-223.15()3219(apier B)

For further information about the following vacancies please refer to Human Resources' Web page at <<http://www.adelaide.edu.au/HR/advpos>>.

Special Studies Program

Special Studies commencing in the period July-December 2001.

Applications are now invited for Special Studies commencing in the **second half of 2001**. Applications from Human Resources (ext 35666 or 35177) or from: <http://www.adelaide.edu.au/HR/services/f_sspapp.htm> and should be returned to Human Resources through the Head of the Department **no later than 30 September 2000**.

Following a recent review of the SSP, the University has revised the rates of financial support for staff undertaking SSP activities from 2001 as follows:

1. Calculation of airfare assistance will be simplified and related more closely to the actual cost for the staff member and dependents, to provide reimbursement of the economy-class, advance-purchase return airfares up to a maximum figure as set out below for the staff member and each dependent charged an adult fare, with an appropriate fraction for dependent minors based on actual fares charged.

- for travel to UK, Europe or North America up to \$2,800;
- for travel to Asia, Africa or South America up to \$2,000;
- for travel in Australia and the Pacific up to \$1,000.

2. The travel grant may be awarded once for each three years of employment and the present complexity under which a staff member elects to use a certain number of "fare days" will be eliminated.

3. The allowance as a cost of living subsidy will be doubled, ie based on 14.4% of the daily salary of a Level C at step 6 for travel in Australia or the Pacific.

The revised policy and associated documentation are available on the HR web page. The payment procedures with regard to taxation arrangements are currently under review and will be finalised shortly.

The supporting statement on page 6 of the application must be completed by the Head of the Department and Heads are reminded that in accordance with Para 2.1.6 of the Special Studies Program Policy they are asked to comment specifically on both the academic justification for the program and itinerary, and the implications in terms of the teaching, examining and administrative needs of the Department. All applications should be considered by the Departmental Committee before submission.

Under the terms of Paragraph 2.1 of the Policy all applicants will be required to justify the period of Special Studies sought, irrespective of the length of the period involved. Questions about the scheme should be directed to the Julie Raeck, ext 35177.

STEVE DAYSH
General Manager
Human Resources

Academic Promotions Update

The processing and ranking of applications for each of the levels has progressed to the following stages:

APPLICATIONS FOR PROMOTION TO LECTURER (LEVEL B) AND SENIOR LECTURER (LEVEL C)

Faculty of **Agricultural and Natural Resource Sciences** - recommendations approved and applicants are currently being advised.

Faculty of **Science** - recommendations approved and applicants are currently being advised.

Faculty of **Humanities and Social Sciences** - promotions committee to meet and consider applications in late August.

Faculty of **Performing Arts, Law, Architecture, Economics and Commerce** - promotions committee to meet and consider applications in late August.

Faculty of **Health Sciences** - promotions committee to meet and consider applications over two meetings, the last to be held early October.

Faculty of **Engineering, Computer and Mathematical Sciences** - promotions committee to meet and consider applications in late September.

APPLICATIONS FOR PROMOTION TO ASSOCIATE PROFESSOR (LEVEL D)

Some reports are still outstanding which Human Resources are pursuing.

Applicants are reminded that these applications will be ranked by the Discipline Sub-Panel and the University Promotions Committee. Recommendations will be approved by the Vice-Chancellor.

Physical Science Discipline Sub-Panel: Ranking will begin early September.

Biological & Health Sciences Discipline Sub-Panel: Ranking will begin early September and will continue through to late October.

Humanities and Social Sciences Discipline Sub-Panel: Ranking will begin mid September.

The University Promotions Committee will meet on a regular basis from early September.

APPLICATIONS FOR PROMOTION TO PROFESSOR (LEVEL E)

Assessor and/or Head of Department reports are still outstanding for the majority of applications.

Human Resources will continue to pursue these reports and are also arranging meetings of the Discipline Sub-Panels (E).

We thank members of the Faculty Committees and Discipline Sub-Panels for making themselves available for the meetings arranged and those about to be organised.

STEVE DAYSH
General Manager
Human Resources

Website redevelopment

A project team attached to the Media Marketing & Publications Unit has been working for several months on a major redevelopment of the University's website.

The aim of the redevelopment is to create a website that provides easier access to the University's services and positions the University as a leading international provider of tertiary education, research and research training.

The project team has consulted widely with staff and students in all areas of the University.

The project is about to enter its next phase and, once again, the input of University staff and students will be critical. From September, the website will take on a new appearance for a three-month trial period. This initial "facelift" will change the look rather than the structure or content of the site, although the information on student and staff services, and on alumni, will reflect recent changes in these areas. (A new structure for the overall website will be trialled later in the year.)

To gather comment on the new look, on-line feedback forms will be provided. These will be available not only to students and staff at the University but also to the wider web community, including such key users as prospective students, researchers, industry and others.

As part of the trial, all Faculties are being asked to explore how their individual identities can best be expressed within the new-look website. To assist with this, the project team will be providing draft templates to staff responsible for maintaining Faculty and/or

AUGUST 28, 2000