

CONTENTS

Articles

1. Chemical Characterization of Two Main Sphingolipids of Scallop... Akira MAKITA 1
Ayumi SATO
Mutsumi SUGITA
Saki ITONORI
Masahiro ITO
Yoshito ARAKAWA

2. A Ttudy on the Dietary Factors Regulating Abdominal Circumference ... Nobuko KIYA 11
That is a Key Factor Influencing Metabolic Syndrome
Kazue ITO
Kiyoshi MORIYA
Michiko HARA
Izumi MOMOSE
Akira MAKITA
Masayuki SAITO
Mami MATSUSHITA
Kumiko WATANABE
Masako SASAKI
Mari SHIMIZU
Hiroko KANEKO
Yukie NAKAGAWA
Kiyomi MATSUDA
Ayumi SATO
Chihiro SEKIYA

3. Examination of Stress Relieving Effects of Drinking..... Yasuko KANAZAWA 23
Chamomile Tea and Peppermint Tea in the Morning
Kiyoshi MORIYA
Izumi MOMOSE
Suguru FURUHASHI
Yoshinori OHTSUKA

4. Tenshi Health and Nutrition Clinic Mami MATSUSHITA 35
- Protective Effects on Metabolic Syndorome -
Hiroko KANEKO
Masako SASAKI
Mari SHIMIZU
Kumiko WATANABE
Ayumi SATO
Yukie NAKAGAWA
Kiyomi MATSUDA
Kazue ITO
Nobuko KIYA
Michiko HARA
Akira MAKITA
Izumi MOMOSE
Kiyoshi MORIYA
Masayuki SAITO
Chihiro SEKIYA

5. Dietary Life from Childhood and Adolescent Personality Traits ... among Female College Students	Atsuko UMEZAWA Asami SATO Nobuko KIYA Megumi HASEGAWA Kazuyo FURUSAKI Kiyoshi MORIYA	43
6. Nursing Ethics and Caring - A Study of Caring as the Bases of Nursing Ethics -	Yasuaki HORII	57
7. The Effectiveness of the Adam Smith's Theories in Constructing the Contents of Education - Economic Development during the Edo Period -	Shinichi ARAI.....	67

Study Notes

1. Effect on Blood Hemoglobin Concentration Following Differences in Weekly Frequency of Consumption Iron-Containing Foods...	Tetsuko OKABE..... Megumi HASEGAWA Shuko YAMABE	75
2. Performance Improvement of Thunderbird using Network- Shared Folder	Yuuichi KAWAGUCHI.....	81
4. Relationship between Mean and Median	Yuuichi KAWAGUCHI.....	87