

SENIORS & GRADUATE STUDENTS

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<p>FRIDAY EVENING SPECIAL BREADED FISH FILET w/TARTAR SAUCE Cole Slaw Hush Puppies Choice of one vegetable Roll or Corn Bread & Butter Tea or Coffee</p>	<p>SATURDAY NOON and EVENING SPECIAL "Yankee Pot Roast Texas Style" Tossed Salad Choice of one vegetable Roll or Corn Bread & Butter Tea or Coffee</p>	<p>SUNDAY SPECIAL NOON and EVENING ROAST TURKEY DINNER Served with Cranberry Sauce Cornbread Dressing Roll or Corn Bread - Butter - Coffee or Tea Giblet Gravy And your choice of any One vegetable</p>

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Salt intake, illness may be linked

Indications are that you might live longer if you aren't "worth your salt."

Dr. Harold W. Wolf, head of the environmental engineering division at Texas A&M University and a member of the National Drinking Water Advisory Council, says that salt in man's diet ought to be studied as a possibly severe contaminant or natural pollutant.

"High blood pressure is unknown in primitive uncultured societies where salt is absent in the diet," Dr. Wolf said. "So salt may be a very potent environmental dietary factor."

Man has no requirement for salt beyond what is in natural food sources. Civilized man is the only animal who habitually uses 20 to 30 times his daily requirement of salt.

Scientists have said that domestic water supplies containing 110 milligrams per liter or more of sodium would place in jeopardy all residents who have confirmed or incipient congestive heart disease, hypertension (high blood pressure), renal disease or cirrhosis of the liver.

A&M researchers in Dallas were able to show a rise in all categories of heart-disease deaths coincidental with a drought period during which

highly mineralized water from the Red River was imported for consumption, Dr. Wolf noted. "The high death rate persisted for a year following termination of water importation."

This problem is compounded by the fact that sodium content in drinking water in the range of 100-200 mg/l and greater impairs the salt taste acuity of the drinker who may then unwittingly use more salt in their diet.

"Persons at risk should not consume water with a sodium content greater than 20 mg/l and since these individuals can't identify themselves it is only prudent to limit all drinking water sodium concentrations to this level," Wolf continued.

"For most of the water supplies in the nation such a limit would pose no problem, but some supplies would require demineralization," he said.

For example State Department of Health Resources data show the sodium contents of the water in College Station is 175 mg/l, Bryan is 194 mg/l and Calvert is 327 mg/l.

Addiction is commonly thought of in connection with drugs, alcohol and cigarettes, but salt may be as addictive as any of these and far harder to deal with. It is an addiction easily acquired. Primitive people who at first don't like salt become addicted in a matter of two or three days according to researchers.

Baby foods used to be added to them so they were palatable to the mother. She would think them fit for her consumption. Within the last few years baby food manufacturers have untarntly ceased this practice.

Studies show that young children can develop high blood pressure when fed a high-salt diet. Moreover, when the salt is away, the blood pressure is elevated.

"The American Heart Association estimates that hypertension affects more than 21 million and 27 million more are affected with cardiac disease," Wolf added. "From 21 million to 27 million more would be concerned with sodium intake."

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Funseth gives farewell briefing

WASHINGTON (UPI) — State Department spokesman, Robert L. Funseth, gave his farewell briefing at the State Department today.

"I would like to express my deepest appreciation to the State Department for giving me the opportunity to serve as spokesman at the end of my diplomatic history," Funseth said.

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