

campus activities

Friday
Moebius Literary Magazine deadline, rules at secretary's desk 261 MSC, work turned in at 515 Harrington
Basketball, A&M Ladies vs. McLennan College, 7:30 p.m., G. Rollie White
Aggie Cinema, "The Deep," 8 p.m., Rudder Theater, and "Bugsy Malone," 12 midnight, Rudder Theater

Saturday
Basketball, Texas A&M vs. Rice, 7:30 p.m., G. Rollie White Coliseum

Monday
Aggie Allemanders, square dance lessons, 7 to 9 p.m., MSC, club dance, 9 to 10 p.m., MSC
College of Business Administration Student Council, 5 p.m., conference room Old Engineering Building

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Rest could be best

Coffee consumer?

By TIM RAVEN
For many Aggies, attacking the coffeepot at midnight is a tradition as sacred as Bonfire, but experts advise against it.

"We don't recommend it as a stimulant," said Hazel L. Wallace, consumer affairs officer for the Food and Drug Administration in Dallas. "We'd rather see students rest."

Caffeine, the active ingredient in coffee, has a tendency to mask fatigue rather than to stimulate the senses, she said. "This naturally can bring on dangerous kinds of consequences."

Ingesting large amounts of caffeine can result in chronic indigestion, anxiety, and nervousness, said Dr. Jay Wilfred Martin Jr., of Bryan. This is especially the case with

people who are "chronically jazzed-up anyway." He said some jobs and living conditions keep people "chronically jazzed-up."

People with high blood pressure or glaucoma, an eye disease, should "completely avoid it (caffeine) if possible," said Dick Roberts, pharmacist for Eckerd Drugs at Manor East Mall in Bryan. He referred to the warning labels attached to all products containing caffeine.

Everything will be fine "as long as the consumer reads the label and adheres to the directions," Wallace said. She added that not many people read the warning labels on drugs and that she is surprised when she meets someone who does. She said the use of all drugs should be restricted.

"People with heart problems run a higher risk of heart attack if they drink coffee," Dr. Martin said. "If they have a heart attack, that's it, no more coffee."

Martin explained that caffeine induces an increased heart rate. This increased heart rate puts an extra strain on the heart which is especially bad for heart patients. Patients who haven't suffered an attack can usually drink a cup of coffee in the morning with no ill effects, but this depends on the person, he said.

Martin, Wallace and Roberts said they know of no stimulant which substitutes for caffeine. "We recommend rest," Wallace said, referring to the FDA.



Women to hold career meeting

Texas A&M's chapter of the Society for Women Engineers (SWE) will host more than 120 visitors Friday and Saturday for a look at career opportunities.

SWE's third annual conference will be attended by high school students, parents and counselors. The meeting includes panels of

professional engineers and a Friday banquet address by Irmenta Harness, national SWE president and manager of laboratory planning for Westinghouse at Richland, Wash.

A Southwestern Bell film on women in engineering, industrial exhibits by 14 firms and tours of Texas A&M departments also are

planned, said conference chairman Charlene Krenek, chemical engineering senior from Flatonia.

"The visiting students will be able to talk to professionals," Krenek said. "They will learn they can pursue a college degree in engineering and apply the knowledge in industry."

Saturday sessions at the Engineering Center will feature panels and groups. Two professional panels and a student engineers panel are planned.

About 130 members of the A&M section of SWE will attend the tours.

Moderated by chemical engineering professors Dr. Ron DeWitt and Dr. K. R. Hall, the professional panel will seat Mary Ann Ziegler, Cummins Engineering Co., Columbus, Ind.; Jean Hays, Joseph Schilz Brewing Co., Waukegan, Ill.; Cecilia Wright, Alvin Se Production Co., Alvin, Tex.; Janet Hall, Ford Motor Co., Dearborn, Mich.; Paul Lukas, DuPont, Victoria, B.C.; Lynch, Proctor and Gamble, Cincinnati; and April Grizzle, Houston.

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