

Dieting fads are still in

By ERIN BECKERS
Battalion Reporter

Renoir viewed the larger woman with the rounded curves and folds as beautiful. American women are convinced that they were born a century too late.

In almost any woman's magazine one can find the same old diet advertising guaranteeing to "melt inches off" within a number of days. It is not unlikely that most women, especially on college campuses, have attempted one kind of diet or another.

Whatever the diet may be, it is necessary for young women to be careful with changing their eating habits drastically.

"It's a matter of common sense," said Dr. Claude Goswick, director of the student health center. "It's the cutting down, instead of the cutting out that's important." Most college students do not get a well-balanced diet because the food is "cooked to death," destroying the vitamins it contains, he said.

Fast and convenience foods make it difficult for students to get a well-balanced meal. "Students on the meal plan do pretty well," said Pat Hennessey, area manager for Weight Watchers, "but they have to be careful at what they choose to eat."

The group encouragement discussions were important," said one college woman who lost 15 pounds in another Weight Watchers group. "The meetings gave me inspiration for the entire next week." The diet was easy, she said, "it's the best diet I've ever been on in my life."

Dieting sensibly isn't enough for some who wish to drop the extra weight almost instantly. For these, the liquid protein diet is the answer. "I didn't eat anything for seven weeks," said a coed who lost 35 pounds on the dangerous liquid protein diet. The diet, which was developed for extremely overweight people, is fast because it is close to starvation.

"I went to the doctor voluntarily every two weeks," the woman said, for a blood test, blood count and a urine analysis. "You have to watch your body chemistry really closely."

Along with two tablespoons of liquid protein three times a day, she took a multi-vitamin and a potassium pill. She drank a lot of diet drinks and chewed about three packs of unsweetened gum a day. "I must have spent \$3 on gum every week," she said.

The diet supplies just enough protein to prevent the body from using its lean body mass: muscles and major organs, such as the heart and kidneys. After a few days on a total fast, the body would begin to burn not only its fat, but this protein tissue as well.

"I never thought about the dangers," the coed said the coed, who went from a size 13 to a 7. "Once I was on it for three weeks, there was no turning back." After the third week, she lost 20 pounds.

Some days, she said, "you feel like you can barely make it up the stairs. In class I thought I was going to slither out of my chair."

"You can't screw around with this diet," she said "you're either on it or off of it." Weeks after she left the diet she tried it every other week. "My hair started falling out."

Another way of reducing which seems to be popular is the "diet pill," which curbs the appetite and stimulates the central nervous system.

"We sell a lot of over-the-counter pills for diets," said a pharmacist in College Station. Ninety-nine percent of the dieting drugs are sold over-the-counter and the other one percent is under a doctor's prescription. "Doctors have gotten so leery about that sort of thing," he said.

The American Medical Association stated, "their undesirable effects, including a tendency to produce psychic and, occasionally, physical dependence when used indiscriminantly and in large doses, make their use hazardous."

Doctors at Beutal Health Center will give prescriptions to students to fill at a local pharmacy if they see the need, Goswick said.

what's up

Thursday

MOVIE: "Death Race 2000," will be shown at 8:45 p.m. in the Grove Theater.

CALENDAR: Any person, group or organization who would like to have something printed in the what's up column should fill out a form provided in Room 216, Reed McDonald. The name, date and purpose of the event should be included.

SUMMER DINNER THEATRE: Neil Simon's hit comedy, "California Suite," begins tonight through Saturday with a performance at 8 p.m. in the MSC Ballroom. Tickets are \$2 for students and \$3 for non-students and may be purchased at the MSC box office between 9 a.m. and 4 p.m. weekdays.

MSC RADIO COMMITTEE: Will meet at 7 p.m. in Room 410, Rudder Tower.

SAILING CLUB: Will meet at 7 p.m. in Room 401, Rudder Tower.

Friday

MOVIE: "A Star is Born," starring Barbara Streisand and Kris Kristofferson, will be shown at 8:45 p.m. in the Grove Theater.

MIDNIGHT MOVIE: "The Longest Yard," starring Burt Reynolds, will be shown in the Grove Theater.

TEXAS ENGINEERING EXTENSION SERVICE WORKSHOP: "New Dimensions," featuring a slide/tape presentation about women's developmental stages, will begin today. "New Dimensions" offers personal and career counseling, job training and employment services to women who are looking for better job opportunities.

TECHNICAL SPEAKING WORKSHOP: Sponsored by the English department, this workshop is designed to help those in professional and/or technical fields learn to organize, prepare and deliver technical reports and papers to small groups. The workshop will continue next week.

SUMMER DINNER THEATRE: Neil Simon's hit comedy, "California Suite," continues tonight with a performance and a buffet at 6:45 p.m. in the MSC Ballroom. Tickets are \$7 for students and \$9 for non-students and may be purchased at the MSC box office between 9 a.m. and 4 p.m. weekdays. Reservations for the buffet must be made 24 hours before the performance. No phone reservations will be accepted.

Saturday

MOVIE: "Rocky," starring Sylvester Stallone, will be shown at 8:45 p.m. in the Grove Theater.

SAILING CLUB: Will meet at 7 p.m. in Room 401, Rudder Theater.

SUMMER DINNER THEATRE: Neil Simon's hit comedy, "California Suite," continues tonight with a performance and a buffet at 6:45 p.m. in the MSC Ballroom. Tickets are \$7 for students and \$9 for non-students and may be purchased at the MSC box office between 9 a.m. and 4 p.m. weekdays. Reservations for the buffet must be made 24 hours before the performance. No phone reservations will be accepted.

Sunday

MOVIE: "Harry and Tonto," starring Art Carney, will be shown at 8:45 p.m. in the Grove Theater.

ALPHA PHI OMEGA: Will meet at 8 p.m. in Room 302, Rudder Theater.

SUMMER DINNER THEATRE: Neil Simon's hit comedy, "California Suite," continues tonight with a performance and a buffet at 6:45 p.m. in the MSC Ballroom. Tickets are \$7 for students and \$9 for non-students and may be purchased at the MSC box office between 9 a.m. and 4 p.m. weekdays. Reservations for the buffet must be made 24 hours before the performance. No phone reservations will be accepted.

MUSLIM STUDENT ASSOCIATION: Will meet at 8:30 a.m. in Room 404, Rudder Tower.

Barbados next Clipper stop

GALVESTON—Texas A&M University's training ship, the 473-foot Texas Clipper, is sailing smooth seas this week between Bermuda and Barbados in the Caribbean, Moody College officials said Tuesday.

The Clipper is home to more than 250 Moody College cadets, staff and

crew and students participating in Texas A&M's 15th annual Summer School at Sea Program.

Bridgetown, Barbados, is the second port of call on the vessel's nine-week cruise. The 6,340-mile cruise began June 9 and includes four other ports in Mexico and the United States on its return leg.

The floating classroom will arrive

back in Galveston Aug. 5.

Moody College officials indicate there have been no problems with the cruise so far with calm seas and excellent weather conditions pre-

vailing. The summer cruise is part of the required training for Texas Maritime Academy cadets before they can receive U.S. Coast Guard licensing in the merchant marine.

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