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The Weather

Today

High 97
Low 76
Chance of rain 20%

Tomorrow

High 97
Low 75
Chance of rain 20%

Be kind to animals: buy a T-shirt

By JANE G. BRUST
Battalion Staff

If you'd like to add to your summer wardrobe and help a local cause at the same time, the Veterinary Services Organization of Texas A&M University has a suggestion: buy a T-shirt.

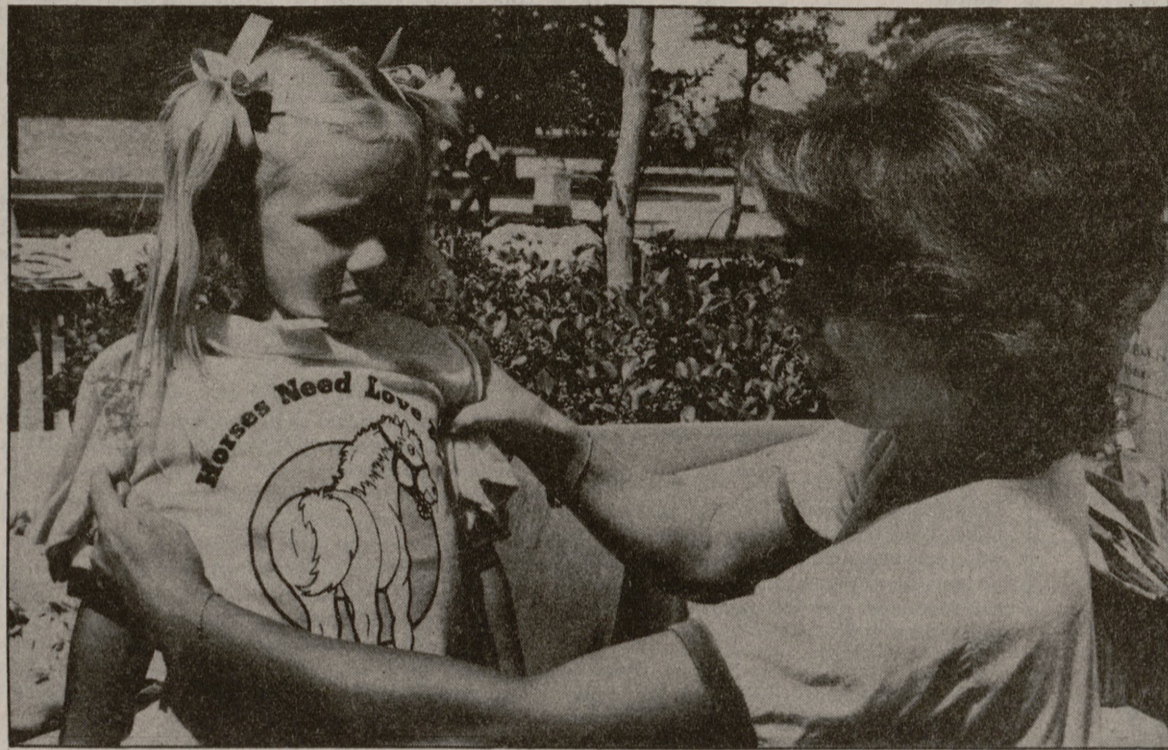
That organization today concludes two days of T-shirt sales at tables set up near Rudder Fountain between 8 a.m. and 5 p.m. Proceeds from the T-shirt sales will supplement funds for the construction of the Brazos County Humane Society's new animal shelter.

Chris Carter, who has been working on the fund-raising project, said the T-shirts feature animal cartoons and slogans — such as "Horses Need Love Too," as well as ecology screen prints. T-shirt prices are \$6.50 for adult sizes and \$6 for children's sizes.

"There are 26 different styles," Carter said. She explained that students, as well as faculty and staff members, comprise the Veterinary Services Organization. "The organization works on community service projects, raising money for needy causes," she said.

Ground was broken in June at the site of a new shelter on Finfeather Road in Bryan. The Humane Society expects the shelter, which will serve Brazos County, to be completed in the fall.

T-shirt tables attracted many passers-by under sunny skies Wednesday. Carter said that in the case of rain, T-shirts will be sold inside the Memorial Student Center.



Staff photo by Jane G. Brust

With some help from her mother, Kristi Riggs, 4, selects a T-shirt in her size featuring a horse cartoon. The T-shirts were sold near Rudder Fountain Wednesday by the Veterinary Services Organization.

Kristi and Sherry Riggs came to College Station from Fourny with Kristi's father, an instructor at the Fireman's Training School. T-shirt sales will end today.

Regents' agenda includes budget, enrollment limit

Consideration of operating budgets for fiscal year 1982 and new enrollment management policies — including a proposal to limit the number of students attending Texas A&M University — dominate the agenda facing the Texas A&M University System Board of Regents Tuesday.

The proposed System budget totals a record \$528,605,983 for four universities, seven state agencies and the System offices. Enrollment increases at Texas A&M and expanded programs there and elsewhere in the statewide system figure prominently in the \$118 million increase over the budget for the current year, System officials say.

Higher Scholastic Aptitude Test (SAT) requirements for all students except those ranking in the top quarter of their high school graduating classes will be considered as one means of managing enrollment at Texas A&M, along with possible limits on the number of entering freshmen and transfer students.

Texas A&M, which has been the fastest-growing university in the nation for

the past decade, has more than doubled its enrollment within the past 10 years and is expecting an increase of approximately 2,000 students this fall, giving it a student body in excess of 35,000.

While exploring ways to stem growth at Texas A&M, regents will be reviewing proposals to stimulate enrollments at Prairie View A&M University, Tarleton State University and Texas A&M University at Galveston.

The regents' meetings are scheduled as follows:

— Sunday 10:30 a.m. — Executive Committee

— Sunday 1:30 p.m. — Planning and Building Committee

— Monday 8:30 a.m. — Meeting of the Committee as a Whole; Reports of the Planning and Building Committee, Committee for Service Units, Committee for Academic Campuses and Executive Committee

— Monday 1:30 p.m. — Report of the Executive Committee continued.

The meeting of the full board is scheduled for 8:30 a.m. Tuesday.

Fleas: just another summer problem

By BERNIE FETTIE
Battalion Staff

Fleas are always an annoyance for both people and pets during summer months, but three factors are contributing to Texas' worst flea problem yet during this particular summer.

Dr. Phil Hamman, an extension urban entomologist for the Texas Agricultural Extension Service, said the biggest contributor to the problem is tolerable environmental conditions for the fleas. "Last winter was particularly mild," Hamman said, "so there was a good carry-over."

The fact that fleas live indoors as much as outdoors is another factor, he said, since there is a more constant environment for them indoors.

A growing pet population is a third contributor to the problem, Hamman said. "People could do themselves a great favor by not having pets."

But if people do want pets, he said, the pets should be treated once a week if they are allowed to run free and some-

what less often if they are confined indoors.

Flea collars are not as effective as shampooing and flea powder treatments, Hamman said.

Flea bites can also be very annoying for people, said Dr. John M. Owens, also an urban entomologist. Fleas most often bite people about the legs and ankles.

A small red spot with a light colored center appears where a person is bitten. Effective treatments for the bite which will relieve the itching include petroleum jelly, calamine lotion and ice.

Hamman said some people are more susceptible to the bites than others, depending on individual characteristics. Therefore, severe infections resulting from flea bites should be treated by a physician.

Spraying lawns, porches and outdoor buildings with insecticide can be effective in coping with the flea problem, but the areas sprayed must be allowed to dry before pets or children are allowed near them.

Welding accident cuts Bryan's power

Hall of Fame patrons dance anyway

By CATHY SAATHOFF
Battalion Staff

At least 40 percent of the City of Bryan was without power Wednesday night when a welding accident caused several transformers to be knocked out at the Atkins Street Power Plant in Bryan.

Two employees of a contractor hired the city were using welding equipment when they apparently cut through a power line. This line fell over their power line and shorted out several transformers which caused the power to be knocked out.

Both employees received electrical shocks as a result of the accident. They were treated and released from St. Joseph Hospital in Bryan.

Full power was restored by 10:20 p.m. City officials said crews would work throughout Wednesday night to make sure the power system could handle today's peak loads of electricity. Because of the power outage and the early low water supplies, Bryan residents have been asked to limit their use of water.

Dancing by candlelight. Strolling minstrels playing quiet serenades. Whispered conversations filling the air.

Not a typical evening at the Texas Hall of Fame. But that's how it was Wednesday night as a power shortage caused by a welding accident made lights, music and action come to a screeching halt at the dance hall.

After a quick stop at The Battalion office, we learned Bryan was experiencing a blackout. A nice bit of information, but it was not until we were at the door of the Hall of Fame that we put it all together and figured out that we would be drinking and dancing in a dark, silent room. A woman told us that beer was regular price and anyone who paid to get in would get a refund if the power was not restored soon.

All and well we had worried about was if the air conditioning vents outside the door would mess up our freshly-rolled hair.

After driving out there, we decided to take our chances and hope for quick restoration of power. We joined a group of die-hards in a huge hall lit only by what daylight could find its way in through four open doors.

The room was dark, but the atmosphere was light. A few

couples took advantage of the darkness for crash courses on kicker dancing. One-two-three, one-two-three. If you have to count, you don't have it down.

A brave line took to the empty floor for the "Cotton Eyed Joe," and made it once around the floor before giving in to the darkness.

Two band members did what they could by strolling around the dance floor playing a fiddle and guitar. They were greeted with cheers, but couldn't replace an entire electrified band.

Then a "Whoop" as the lights suddenly flicked on. False alarm. New records in alcohol consumption were probably set in that darkness.

Fidgeting. Candles handed out to tables on the other side of the hall. Possible heat rash; are there any good tapes in the car?

Just as the asphalt was warming up for an impromptu street dance, the electricity came back.

Around 10:20, patience was rewarded as the die-hards greeted illumination and the sound of the jukebox playing dancing music.

Eating the caveman's high-fiber diet can be healthy

By SUSAN HOPKINS
Battalion Staff

Just as prehistoric cavemen ambled slowly across the tall grass plains in east Texas 5 million years ago snacking on tough grass seeds, roots, nuts, field mice, lizards and insects, so Dr. Vaughn Bryant eats a breakfast of raw carrots, bananas and peaches.

Bryant, head of the anthropology department at Texas A&M University, is a caveman diet.

He is an expert on prehistoric diets, and has learned much about how cavemen ate by studying human coprolites (fossilized feces).

"We were designed to be hunters and gatherers," he said, "but technology has moved faster than our own physiology."

"We don't have to abandon our modern technology and return to living in caves to benefit from what we've learned about the diets of prehistoric cultures. Instead, we can adapt their dietary ideas to foods we have available today," said Bryant.

And that's exactly what Bryant, age 38, has been doing for the past seven years: instead of foraging in the wilds, he forages his way through the supermarket.

"Just last week I spent \$22.50 on all produce, and one small package of meat," he said. "That has to be the biggest disadvantage of the caveman diet. Fresh produce is expensive, even when in season."

Bryant said that although he officially started his diet by cutting out "canned stuff, processed foods with their preservatives, additives and oils, and fats like margarine and butter," he had already had a small taste of the caveman diet.

In an article in Prevention magazine, September 1979, Bryant told of his first simulated experience as a caveman.

The summer of 1974, he said, he took students on an archeological dig in southwest Texas, near the Mexican border. He said that since the foods prehis-

toric people ate — cactus, agave (a plant that looks similar to yucca), wild onions, nuts and berries — are still abundant in the area, the group decided to try living like the cavemen did, "just for an experiment."

Bryant said they got up each morning around 6 o'clock and walked four road-

less miles to the archeological site. "Instead of eating breakfast before setting out, we'd forage — which is what the cavemen did," Bryant said.

According to the article, the group cooked cactus, which made up 60 percent of the prehistoric diet, fish and even a rattlesnake.

However, Bryant doesn't make a practice of eating the exact foods eaten by prehistoric people of Texas. "Even if I wanted to eat rattlesnake, mice and lizard, where would I get them in College Station?" he said.

So, instead, he has replicated the caveman regimen with wholesome foods, matching vitamin for vitamin, protein for protein and carbohydrate for carbohydrate. The result was a diet full of high-fiber, low-calorie foods. Physicians and nutritionists have assured him the diet is healthy, he said.

Bryant, 5 feet 10 inches tall, lost 30

pounds the first four months on the diet, and has remained at his high school football-playing weight, 165 pounds (plus or minus five pounds, he said) for the past seven years. However, Bryant said, eating these foods is not the only way he remains trim and healthy like the cavemen — he also exercises by swimming one mile of laps each morning.

Bryant said that he has an accurate record — from analysis of human coprolites — of what prehistoric people were eating. He said that things like pollen, plant crystals, feathers, bones, hair and eggshells passed through people's digestive tracts thousands of years ago, and have been preserved in the feces.

Bryant said it is clear that cavemen were not obese. In fact, he said, they had to be in pretty good shape to live in places where they did. When he took 19 Texas A&M students to an archeological site in Southwest Texas, he said, 12 of them couldn't climb up the side of a cliff to a place where Bryant said cavemen walked in and out of everyday.

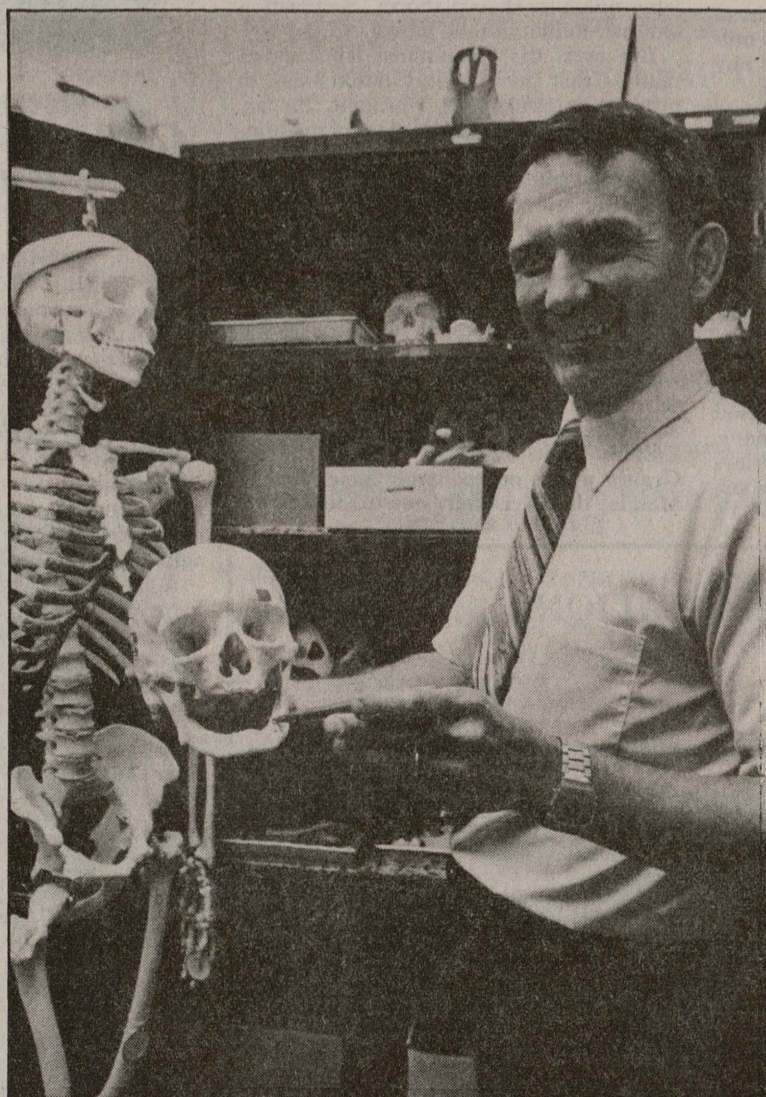
"When 12 young men, supposedly in their prime, are that out of shape, it makes me wonder about the American diet," he said.

"We live in a junk food revolution," he added, "where sugar is the number one, two or three ingredient in most of our foods — even in vegetables like canned corn and peas."

The caveman diet may not be for everyone, Bryant admits, but, he said, "I want to enjoy good health as long as I can, and I personally have a better chance of surviving on this diet."

Bryant said he doesn't consider himself a nutritionist or a fanatic.

"I like modern amenities like air conditioning, football games on television and hot baths, but we can have the best of both worlds," he said. "Modern science and primitive practice fit together."



Staff photo by Greg Gammon

Dr. Vaughn M. Bryant, head of the Department of Anthropology at Texas A&M University displays a toothless skull from India. Bryant speculates the skull is missing all of its teeth from a combination of tooth decay and gum disease caused by poor nutrition.

Junk foods historical part of man's diet

By SUSAN HOPKINS
Battalion Staff

Five million years ago, prehistoric men were trim and fit. They relied only on the foods they could find growing wild.

Ten thousand years ago, when plants and animals were first domesticated, diets became less varied and full of fats like milk, pork, butter, cheese and eggs.

In 1981, 80 million people in the United States are overweight, and six of the 10 leading diseases in the United States are linked to modern man's diet: heart disease, cancer, obesity, dental disease, diabetes and hypertension.

Dr. Vaughn M. Bryant, head of the anthropology department at Texas A&M University and an expert on prehistoric diets, found that the pleasure Americans get out of committing the simple sin of eating the junk foods that flood the market has caused alarming statistics about the average amount of various foods each American consumed last year. The average consumption consisted of:

- over 100 pounds of refined sugar
- 55 pounds of fats
- 300 soft drinks
- 200 sticks of gum
- 20 gallons of ice cream
- 18 pounds of candy
- 63 donuts
- 15 pounds of salt
- over 50 pounds of cookies and cakes.

Bryant said that although modern man would do well to eat like cavemen did, they, too, consumed a few junk foods items. Examples are:

- dirt to fill their stomachs and stop hunger pangs
- chewed leather to give a false sense of eating and to cause salivation
- ground up tree bark to eat