

Bulimia

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have this problem she realizes she is not crazy.

Martha began binge eating and purging after she ate a whole package of cookies. She was worried about whether or not her pants would fit the next day. Her roommate told her to just make herself throw up.

It worked. But after awhile Martha began to get worried. "After I threw up, my left arm would go numb," she says.

Martha got counseling after reading an article that scared her.

Hope says bulimics have common traits. They usually are attractive, brighter than average, very involved in many activities and predominantly female, she says.

Martha and Carol, both attractive young women, make good grades. Both are involved in University activities and Martha is in a sorority.

Kimbrough says any kind of stress — career, boyfriend, parental or sexual conflicts — can lead to binge eating and purging.

Binging and purging give a bulimic a feeling of control, she says. Bulimics seem to be perfectionists who are used to controlling their lives. She says a lack of assertiveness also may lead a person to try to control her life with binge eating and purging.

Kimbrough says the bulimic was often the "good girl" of the family. Both Martha and Carol say when they were children they were rarely in need of disciplining. Martha says her father couldn't figure out what to do with a child who was already so hard on herself.

Part of the problem is society's emphasis on thinness, Kimbrough says.

She says bulimics usually are

normal weight and don't appear to have a problem at all. The pressure of the "perfect image" creates some of the problem.

"You have a distorted self-image," Carol says. When she was very thin, she still believed she was huge.

Martha says there's nothing you can do about society, so she has learned to be happy and satisfied with herself and what she sees as important.

"It occurred to me that I expect so much from myself," Martha says. She assumes others expect from her what she expects from them.

She says therapy has helped her to realize that everything is not ever going to be absolutely perfect. She has learned to stop herself when she demands too much of herself.

Hope says the therapy group helps bulimics change their thoughts so stressful events

won't seem so catastrophic. The group works on handling such situations with other ways besides eating.

"Knowing why there's a problem won't solve it, but it gives cues on what we need to work on," Hope says.

Tips from the therapy group for bulimics: take a friend with you grocery shopping; in cafeteria lines pick up your tray before you get to the desserts because it's more difficult to grab food when your hands are busy; take a hobby; and if you feel lonely, call a friend. Keep your mind off eating.

Martha and Carol appear to be well on their way to recovery.

"I'm very happy now," Carol says. "Grades and looks aren't a reflection of the real me."

Martha says: "It's a confusing thing, but it's not a hopeless thing."

Buyers have many options

Used cars more popular

United Press International
NEW YORK — With the high cost of new cars — nearly \$10,000 for a mid-sized car — many drivers are turning to late model used cars for their primary family vehicle.

Since this, in most cases, is the second largest investment after the purchase of a home, the decision of where to buy the car and whom to buy it from takes on added importance.

Buying a late model used car may make sense for many people, considering the price and finance costs of a new one. A one- or two-year-old car will have already depreciated the most in price without depreciating in reliability or performance. Your purchase will hold its value longer and cost less to insure and operate.

But there are a number of factors that add a good deal of risk to such a purchase.

Most authorities warn that the risk of the purchase increases with the age of the vehicle.

National Car Rental, which sells late model used cars after fleet use, estimates a seven-year-old car is liable to be near the end of its useful life. It also probably will need more repair work. Getting parts for a car older than seven years old may also be a problem.

Before you go shopping, here are some key considerations which are best thought out in advance:

•What size or model car, including passenger space and trunk capacity, best fits your

needs?

- Does your amount and type of driving require a small or large engine?
- What options or additions are needed?

Now that your choice of models is narrowed, do some homework. The experts call this possibly the most important step.

Find out which of those models rank high in dependability — and which seem to have problems. Road test reports in car magazines or comparison publications such as Consumer Reports are good sources. Or, for an honest, "hands on" evaluation, ask owners what they think of a particular model.

Appearance, comfort and style will influence your choice, but remember that comfort and style of a car won't do much good in a roadside breakdown.

With an idea now of what you want, consider where to buy. Among the choices: new car dealers selling used cars, used car dealers, private owners, bank repossessions or car rental agencies.

Names of reputable dealers are best found by word of mouth or at your local consumer agency. Many offer limited warranties, usually at additional charge.

Private sellers will usually offer the best price since no overhead is involved — but no warranty is offered.

Buying a car at a bank repossession sale or an auction means an "as is" purchase. There is a good deal of risk which would diminish somewhat in propor-

tion to your expertise in auto mechanics.

Car rental companies say they offer a good value on late model used cars.

Sheldon W. Peterson, vice president of fleet and maintenance at National, said 20 percent of the used cars retired from the fleet are selected for resale by the company with the rest wholesaled, auctioned or sold as salvage.

An argument against such purchases has been that these cars are driven by a wide variety of drivers who may lack the interest a private owner would have in caring for the car. Peter-

son says experience shows drivers of rentals and leased cars treat them as well as others and good maintenance is more important anyway.

National's guidelines for its own resale cars require documentation of completed preventive maintenance and servicing and mileage of about 15,000 to 20,000 miles. They preclude the offering of cars which have been in a major accident or otherwise seriously dam-

aged. Hertz and Avis use similar guidelines. These companies also offer limited warranties.

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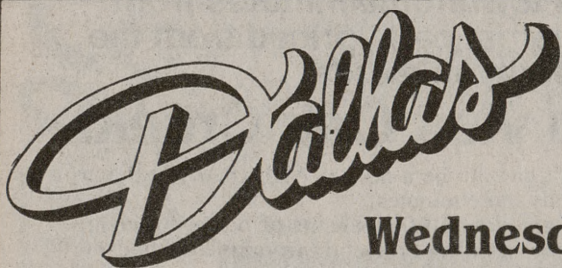
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