

People dehydrate by starving a fever

United Press International
LOS ANGELES — The old saying about "Feed a cold, starve a fever" is only half right. Fever increases the need for calories and protein. If fever is accompanied by sweating, vomiting and diarrhea, all these increase water loss and deplete a patient's store of nutrients, says an article in Environmental Nutrition Newsletter.

A University of California public health and pediatrics professor agreed that infections should be fed with plenty of

fluids, plus protein and calorific foods.

"For most people, who are otherwise healthy and well nourished, a simple cold or flu is of little nutritional consequence," said Dr. Charlotte Neumann. She added that chronic infection and even short-term illness in children and the elderly call for a nutrient-rich, balanced diet to fight infection and repair body tissues.

Such a diet is important both during and after illness, said Neumann.

She recommended fluids such as juices and milk as easy, nutritious ways to replenish calories and protein in the ill. Liquids, in general, are easier to digest than solids and can be served often during the day, she said.

Fluids may be hard to keep down when the stomach is upset. If vomiting occurs, Neumann suggested eating dry toast or crackers before taking fluids.

"It is especially important to keep fluid levels up in young children, because they dehydrate more readily than adults," Neumann said. "Add a teaspoon of skim milk powder to a glass of fruit juice for an extra protein lift."

She also suggested keeping patients' meals small and attractive. A frozen yogurt dessert or ice cream usually will tempt a sick youngster's appetite.

Warped



by Scott McCullar

Groups help self-esteem

Cultists suffer before join

United Press International
A significant number of young people who join religious cults appear to suffer mild to severe emotional or mental disorders before they enter the groups, reports a new survey.

At the same time, the survey found that after joining many derive psychological benefits that enhance their self-esteem and encourage them to stay with the groups.

According to the findings of Dr. Marc Galanter of the Department of Psychiatry at the Albert Einstein College of Medicine, as many as one-third of religious cult members studied

suffer mental or emotional problems before joining the sect.

Galanter's article, published in a recent issue of the American Psychiatric Association's American Journal of Psychiatry, was based on his own research and reports from other workers in the field.

He did not offer any judgment on the groups.

"Psychological distress is a frequent antecedent to joining a sect," Galanter reported.

Galanter cited one study that assessed 60 percent of cult members as "substantially and chronically disturbed" and 40 per-

cent as "essentially normal, maturing persons."

In his own surveys of the Divine Light Mission and the Unification Church, Galanter found lower but still significant numbers of members with a history of psychiatric difficulties.

"Emotional problems among Divine Light respondents had led 38 percent to seek professional help before joining and 9 percent to be hospitalized," Galanter said. "For members of the Unification Church, the Moonies, corresponding figures were 30 percent and 6 percent, respectively."

A number of studies also seem to indicate that at least

some of those emotional problems are reduced or overcome after joining the sect.

Galanter also noted that despite the improvement in term members' scores on the psychological test known as the "General Well-Being Schedule" were still slightly below a sample from the general population.

"Members' current level of psychological well-being was correlated with the intensity of their social affiliation with other members," he said, "indicating that there may be an inclination among group members to stay with the group so as to maintain their enhanced emotional state."

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United Press International
ITHACA, N.Y. — Barring major crop disasters, consumers can expect no more than an average increase in food costs this year, says consumer educator Josephine Swanson.

"Food prices in 1982 showed the smallest annual gain since 1976," Swanson told a recent economic training school for agents of Cornell Cooperative Extension. Prices may increase even less in 1983, she said.

She said the USDA has predicted retail food price gains of 3 percent to 6 percent, with an average of 4 percent, but above average increases for pork, prepared foods, nonalcoholic beverages, sugar and sweets.

Swanson said the main reasons for price stability are depressed farm prices, abundant harvests and supplies, a low inflation rate and a slow increase in labor costs.

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Breast exams reduce risks

United Press International
CHICAGO — Breast self-examinations are a key to early detection of breast cancer, and researchers find that the women most likely to check themselves are those who have been taught the practice by health professionals.

"It's going to alter the way I practice medicine," said Dr. Susan E. Bennett of Boston's Beth Israel Hospital, who reported the study results in the Journal of the American Medical Association.

"I feel that on the basis of the study, I personally have to take the time to demonstrate BSE (breast self examination) when I do breast examinations," she said.

Dr. Bennett said she feels she can no longer use as an excuse for not showing women how to practice BSE the claim that women are not well-educated and are terribly terrified of cancer and therefore won't practice it.

"I can't use these kind of ex-

cuses any more," she said in an interview. "I have to take the time."

"This study supports a woman's right to ask for a demonstration," she said. "I should be able to go in and see the doctor. I would like to know how to do BSE."

Breast cancer is the leading cause of cancer death among women in the United States, ultimately affects one of every 11 women.

Dr. Bennett said that although nearly two-thirds of American women receive annual breast examinations, 90 percent of all breast cancers are detected by the women themselves.

Early detection is believed to substantially increase the likelihood of cure.

Of 616 women interviewed for the study, one-fourth were nurses, doctors or para-professional women on the Beth staff. Three-fourths were patients at the hospital's Ambulatory Care center.

Of those responding to questions, 78 percent reported some breast self-examination practice. But only 36 percent said they performed the exam monthly, the suggested frequency for detecting breast abnormalities.

"Our study suggests that a woman most likely to practice frequent BSE lives with her partner, has been shown how to do BSE, is confident in her ability to detect a breast lesion, lacks fear that breast loss will compromise her attractiveness," the report said.

Fear did not prevent women from practicing BSE, although most women are afraid of breast surgery, the study showed.

"A lot of people feel that the main deterrent to women practicing BSE is fear that they will find a lump," Dr. Bennett said. "If a woman has a sense of hopelessness that one finds a lump, one loses a breast or something worse, loses a life, loses someone she loves."

"I think the most important factor in whether a woman practices BSE or not is whether she had someone actually demonstrate the examination to her," she said.

Women who learned by seeing it from friends were as confident in being able to detect a lump, she said.

The study also found that women whose mothers had breast disease were more likely to practice BSE on a regular basis.

Differences in age, race, religion and race did not affect the frequency of BSE.

Contrary to previous reports, the study showed that educated women and those who took an active part in maintaining their health were no more likely to practice BSE.



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