

Battalion Classifieds

Magazine says naps promote healthy lives

NEW YORK (AP) — A nap a day could save your life, according to an article in a recent issue of Parade magazine.

A study at the University of Athens Medical School points to the benefits.

In the study, researchers compared Greek men hospitalized for coronary heart disease with Greek men hospitalized for other reasons.

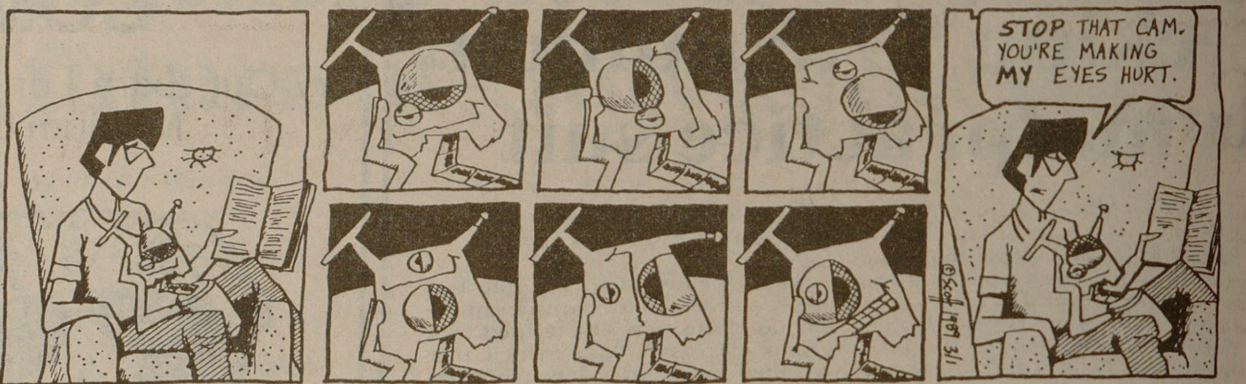
They concluded that those who nap for at least 30 minutes a day are 30 percent less likely to suffer from heart problems than those who don't nap.

"Our society looks down on naps," says David Dinges, a psychologist at the University of Pennsylvania who specializes in the study of napping.

"We regard time as money and see napping either as wasteful and self-indulgent or as a sign of a mental or physical defect."

Despite the stigma, Dinges says about one-third of Americans do nap at least once a week, and 55 percent of college students nap regularly.

Warped



Waldo



Professor suggests new curriculum that includes science fiction films

NEW YORK (AP) — If a new high school science curriculum were titled like a science fiction film, it might be called "Invasion of the Brain Enhancers."

Leroy W. Dubeck, a physics professor at Temple University, has drawn up a curriculum that uses such sci-fi film classics as "Forbidden Planet," "The Andromeda Strain" and "Them!" to get young people interested in science at a time when U.S. students are finishing dead last in international comparisons on scientific knowledge.

The 185-page curriculum, "Science in Cinema: Teaching Science Fact Through Science Fiction Films," published by Columbia Teachers College Press, sets forth lesson plans around 10 sci-fi films that Dubeck and co-authors Suzanne E. Moshier and Judith E. Boss say have proved excellent for teaching high school science.

"The purpose is to tell kids that this thing called science can be fun, and it can help me understand the world around me," Dubeck said Monday in a telephone interview.

He said school reformers who simply want to increase science requirements overlook the fact that "for many kids, the more science they get, the worse their attitudes are."

Dubeck doesn't claim science fiction will, by itself, cure scientific illiteracy. But test results of 398 students exposed to his curriculum in more than a dozen Philadelphia area schools in 1987-

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88 showed that students gained better understanding of scientific processes and felt more positive and less fearful about the subject.

"The greatest impact was on attitudes," said Matthew Bruce, professor of science education at Temple, who conducted the student testing.

"Forbidden Planet," the 1956 classic, could easily spark a classroom discussion on relativity. Can a spaceship possibly travel faster than the

speed of light? Where does Robby the Robot get his incredible energy?

"The Andromeda Strain," a 1970 film about a killer microbe from outer space, has opened up discussions on fighting AIDS.

Students could get a solid botany lesson from "The Day of the Triffids," a 1963 British offering featuring man-eating mutant plants from outer space.

And "Them!" a chilling 1954 film about a world of giant ants, depicts accurately the habits of real ants and can get students talking about whether radiation could possibly create such mammoth mutations.

Other films in the curriculum, each available on videocassette, were "The Day the Earth Caught Fire," "Destination Moon," "When Worlds Collide," "The Day the Earth Stood Still," "Five Million Years to Earth," and "Colossus: The Forbidden Project."

The immensely popular "Star Wars" was the film that inspired Dubeck to use science fiction to teach science fact. But ironically, he considers that creation too far-fetched to use as a teaching tool.

"Too much of it is fantasy," he said. "It gets all hung up with reincarnation and 'the force.'"

Ten shelter residents suffer from food poisoning

SAN ANTONIO (AP) — Ten residents of the Salvation Army shelter, who complained they had been served moldy cheese for dinner, were diagnosed as suffering from food poisoning, but shelter and health officials said Tuesday the residents could have eaten foul food elsewhere.

Three women and three children were taken to Medical Center Hospital and two women and two children were taken to the Downtown Baptist Hospital, where they were diagnosed as suffering from food poisoning, hospital spokesmen said.

The shelter residents were taken

to the hospitals about 8:30 a.m. Tuesday and were released before noon, officials said.

"Some got medication for nausea and were released with no follow-up appointments planned," Medical Center spokesman Inez Eisazadeh said.

The residents, members of four families, were among 300 people who had dinner at the Salvation Army shelter Monday, said Irma Escamilla, the agency's social services director. She said after hearing complaints of the moldy cheese Monday night, she checked the food, but found no irregularities.

"Everybody gets the same thing (to eat)," Escamilla said. "It's a small percentage of people that are complaining. If it was the cheese that was bad, why didn't any of the men ... get sick?"

"The cheese was not bad, besides they refused to eat it, so I really don't know how they could have gotten sick," she said.

Derek Matyear, director of the Metropolitan Health District's Food Sanitation Division, said investigators were going to check the food at the Salvation Army.

"These people may have been eating there or they may have eaten

somewhere else," he said. "It might not have been at the Salvation Army and they might be getting the blame deal in all of this."

Matyear, however, acknowledged that the Salvation Army had scored poorly during an inspection last fall, but had installed fixtures to improve their rating. He said there have been no previous reports of food poisoning at the Salvation Army.

Escamilla said that health officials asked them to install more light fixtures and install a wash basin in the kitchen.

"It had nothing to do with the quality of the food," she said.

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