

FLAMINGO

Café & Lounge

METRO FOOD BANK BENEFIT

FEATURING SALSA PICANTE

A CBC MAINSTREET presentation in support of the efforts of the Food Bank. CBC will be taping the evening's performance for national broadcast on 'The Entertainers' & 'All the Best'. Non-perishable food donations will be accepted.

BLACK CNDN STUDENTS BENEFIT

Nov 7 Thurs \$3 A dance-party benefit sponsored by Dalhousie's Black Canadian Students Association.

SHADOW MEN in SHADOW PLANET

Nov 8-9 Fri-Sat \$5 The 'Kids In The Hall' musicians!!!! Fun, zany, raucous & irreverent, with music that is best described as a cool, infectious, echoey surf-rock mood melange. "Toronto's top instrumental combo"

NEW DOOR PRICES

The times they are a changin'...as part of the Flamingo's fifth birthday celebrations, we are pleased to announce lower weekend admission prices. On most weekends, admission will now cost only \$5, up until 12:30, and \$2 thereafter.and thank you for 5 great years.

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CALIFORNIA	from \$599	SINGAPORE	from \$1449

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FACULTY OF SCIENCE AWARD FOR EXCELLENCE IN TEACHING

The award will honour Science faculty members who are recognized as having a comprehensive knowledge of their subject and possessing the ability to communicate their knowledge in such a way as to lead students to high academic achievement.

Each nomination for this award must be made by two or more sponsors, at least one of whom must be a faculty member appointed half time or more on the Faculty of Science. Nomination forms and further information are available from: office of the Dean of Science, Room 328, Arts and administration Building, 494-3540. the deadline for nominations to reach the deans office is

January 15, 1992


Anorexia

CONTINUED FROM PAGE 1

weight pills.....show your curves" With the emergence of Twiggy in the 1960s, the ideal of thinness became popular.

Some people claim that the images of women today are more positive, showing women with more muscular physiques. However, Irvine explains that this switch to leanness adds an extra pressure, where women are expected to be not only thin, but fit. She cites how bulimics will often use excessive exercise as a form of purge.

Anorexia Nervosa is characterized by a fear of weight gain, and the relentless pursuit of thinness through restrictive dieting. Bulimia involves a cycle of binge eating followed by purging unwanted calories. Vomiting, laxative abuse, fasting and excessive exercise are com-



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mon purging methods.

According to Irvine, Anorexics tend to be perfectionists, while bulimics generally have more impulsive personalities. She notes, however, that each case is distinct.

Russell pointed out that only recently has dieting become a popular method of attaining desired body shape. Before, fashion was used to achieve this.

Elizabeth Lambie, an associate professor who teaches nutrition at Dalhousie's school of nursing, says that this obsession with dieting is very destructive. She points out the pin distributed at a recent Toronto workshop entitled "Women, Food and Weight". The pin simply said "dieting" with a red slash through it.

Russell recommends that we be more aware and critical of advertising messages, and that women treat themselves better, not linking weight loss with self-esteem. He points to messages that say "If you have control of your weight, you have control of your life".

Dr. David Pillon of the Victoria General's Dept. of Psychology, confirms this as a key to overcoming the problem. "Too often people look for ways of bolstering self-esteem, defining their identity, or dealing with stress through changing their appearance," he explains. "Most of my work with people that suffer from eating disorders involves helping them to deal more directly and, hopefully, more effectively with the concerns they have about their self-worth."

Kathleen Irvine, the clinical dietician of the Eating Disorder clinic of the Victoria General Hospital, points out that the vast majority of her patients are young women, while cases of males with eating disorders are very sporadic at her clinic. Statistics say that 93% per-

cent of patients with eating disorders are female.

Despite decreasing media attention, Irvine, who has been at the clinic for the past four years, has observed that there has been an increase in the number of cases coming to the clinic over the years.

Nevertheless, these disorders are not given a high priority. "It never had much funding," says Lambie. "It was put on a back-burner because people thought it did not really happen, or it always happened to someone else."

The clinic serves about 50-60 out-patients and 5-6 in-patients at any given time. Irvine says that the recovery rate is not very high, however, all the patients have a greater awareness about the factors which cause their tendency towards eating disorders.

At the Toronto workshop evidence was presented suggesting that sexual and physical abuse often lie in the history of people with eating disorders.

Anne Wetmore, a psychologist in the student affairs office of Mount St. Vincent University agrees that eating disorders are still very much a problem, however, she emphasizes the importance of recognizing the problem of women's general dissatisfaction with their bodies.

"There is a wide spectrum of women (up to 75%) who never present the classic symptoms of eating disorders, but consistently engage in yo-yo dieting, have low self-esteem and believe that weight determines a person's worth. We have never properly addressed media images that say a woman's body is more important than who she is."

Wetmore links the ideal of thinness with the ideal of youth. She points out that this began when Twiggy first appeared on the scene, and later Barbie dolls. "It's all part of the adolescent, thin, attractive, successful youth mythology".

She cites a study that shows how early body images are instilled. "There are children as young as four years old who attribute negative adjectives to a fat doll, and positive images to a thin doll."


One survey of Californian fourth graders showed that 80% of them had already tried dieting. "We are breeding a new generation that is over concerned with weight control and dieting," says Irvine. "This is very scary."

Lambie agrees, "It's time to stop this trend, and reclaim our bodies."

INVESTMENT OPPORTUNITY

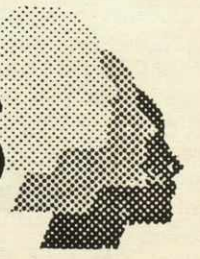
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