

## SPEED READING and COMPREHENSION

Free introductory sessions

Thursday, Oct. 12, Rm. S661  
5:15 p.m. & 7:15 p.m.

Tuesday, Oct. 17, Rm. 336  
5:15 p.m. & 7:15 p.m.

O.I.S.E. Bldg. — 252 Bloor Street, West  
classes begin

Wed. Oct. 18 7:00 p.m.

Sat. Oct. 28 9:30 a.m.

Tues. Oct. 31 7:00 p.m.

For brochures & more information, call

**READING IMPROVEMENT CENTRE**  
827-1239



## Our Town

On view last week in the Zack's Gallery in Stong.

### Bethune

October 19th is the day slated for the Bethune College council elections for the positions of residence chairperson, treasurer, 2 first year reps, and a member at large. Nominations are being accepted in room 606D Bethune Residence until tomorrow.

### Calumet

The office elections are being held today during the Calumet General Meeting (in the Calumet common room)...come out and

vote for a chairperson, secretary, treasurer, and co-chairperson.

### Gay Alliance of York

There's a dance tomorrow night, sponsored by the Gay Alliance of York. It will be held in the Fine Arts Lounge (Fine Arts building) at 8:00 pm. Admission is \$2.00...it's licenced.

### Osgoode

The John White Society is having a mayoralty debate at noon, October 18th in Moot Court. Guest

speakers are John Sewell, Tony O'Donohue and David Smith.

### Stong

Stong Theatre requires a theatre manager with experience in lighting, sound, and designated areas of theatrical management. Enthusiasm is a prime requirement. If you're interested in the position, contact Harry Pollock at 667-3478.

For a listing of this Saturday's Homecoming events, see page 3.

Laura Brown

# PROCRASTINATE

If you've got an essay or some studying to put off, procrastinate in style. We've got terrific live bands and a juke box to keep you on your feet and in good cheer all night. If you're caught up, so much the better. Come on over and celebrate.

## THE PERROQUET

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Counselling &  
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Registration: 3 p.m. room 108, BSB, Wed., Oct. 18/78, or  
phone: 667-2304.

## Harbinger's Column

by Sandra Mooney



## Women & weight

The following is an excerpt taken from a book written by Dr. Barbara Edelstein. The title of her book is *The Woman Doctor's Diet For Women*.

• **Biological:** There is no escaping the fact that we were

designed as baby receptacles, so nature has seen to it that we will never be without fat. She has decreed that we will always be padded with a soft cushion of subcutaneous fat, in case the fetus needs extra food, protection, and heat. It doesn't matter whether you never exercise your biological function, and go through life without bearing a child; nature will pad you anyway, just in case. That is why it is so difficult to lose those last few pounds remaining between you and your lean body mass.

• **Hormonal:** The female hormones that give you your beautiful skin and good bones and protect you against heart attacks are the same ones that make it easier for you than for a man to convert food into fat. Estrogens and progesterone are naturally fat-producing and fat-hoarding hormones. Even if you have your

ovaries removed, the adrenal glands will take over and secrete estrogen like hormones for the maintenance of body fat.

If you are taking birth control pills (whose operative ingredient is estrogen), you will be ten per cent more likely to convert food into fat if your weight is normal, and nearly twenty per cent more likely if you tend toward overweight - and this is not even taking into account the fluid retaining properties of both estrogen and progesterone. These prospensities for making you fatter are present in all female hormones, both natural and synthetic.

• **Body Makeup:** As if all that didn't give men a sufficiently unfair advantage, women also require fewer calories. Some authorities claim that women require two fewer calories per pound of body weight than men, but I think it is actually closer to five. The reason is that more calories are needed to sustain large muscle mass in a male than to sustain fat in a female. Men are usually heavier and taller than women, but even the smallest man has more muscle per unit of weight than the largest woman.

• **Appetite:** Nor has nature even bothered to equalize the difference in the way men and women burn calories by giving the woman a smaller appetite. Appetite, unfortunately, depends entirely on the individual; so many psychological variables influence hunger that it is almost impossible to measure appetite objectively. All we can be sure of is that a woman can, and will, often eat as much as or more than a man, even though she requires fewer calories.

Everything I have been saying here applies to all women. Multiply it by two, add a triggering mechanism for overeating sugars and starches, stir in a dash of carbohydrate intolerance, and you have the stew in which the overweight woman finds herself.

## MM

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**The Campus Manpower Office**

or report in person to

**Major Peter Marani**  
Toronto Militia District  
130 Queen Street East

Thursday nights between 8 and 10

...they tried to get us, but...

# CALUMET LIVES

General Meeting &  
Office Elections

TONITE AT 5:00