

Many Students Have Eating Disorders

By ALICE J. PITRE

I'm going to tell you a little about one of my vices. Just one of them, mind you; there are others.

I eat too much. There. It's out. Now, I can hear you saying, 'So what? Everybody does that

sometimes.' But I'm not talking about sometimes. I'm talking about losing control, eating when I don't want to, feeling guilty and putting myself down because of it, dieting or fasting to make up for it, then binging again a day or so later.

I think, as far as I can remember, that I always liked to eat. Who doesn't? But about the time I turned eighteen, I started to eat to stop the feel-

ings. Maybe you know which feelings I mean - thinking I have to be such a good girl but knowing I'm not, feeling I am responsible for everyone's happiness, setting such high standards for myself and then getting depressed because I can't live up to them.

I don't like feeling bad about myself. So to stop the feelings, I eat. But then I get on the scales, and oh the guilt. Some people take laxatives, or spend hours each day working out, or even vomit after every binge, but I go on a diet. It might be a long diet, or it might be a short one - a fast, or a day or two, or even five.

And then of course, I get hungry, or feel deprived and underprivileged, and find I can't do anything to stop the next binge. It's awful.

But I'm not the only one. They say it happens to a lot of women when they turn eighteen. Sometimes they call it anorexia, for those who don't eat because they are so scared of getting fat. And sometimes they call it bulimia, for people like me.

In any case, it is an eating disorder, and it's not good for us. Poor nutrition can cause loss of concentration, pre-occupation with food and

recipes (my husband says that's me, for sure), depression, irritability, and fits of anger. It also causes binging.

Binges can be controlled 80-90% of the time through proper nutrition. Our bodies crave the missing nutrients, but all a body can do about it, is to cry, 'Eat! Eat!' If you're like me, and turn to peanut butter sandwiches or ice cream, that nutritional deficit is never filled, and you go on to binge after binge.

Sounds pretty negative, doesn't it? But there is help. The Counselling Centre and the Health Centre work closely together to help students with eating disorders. It is a pity that so many of us find the subject so embarrassing that we suffer in silence. If only we would talk about it.

I can talk about it now because I've had a lot of help talking about it. There are support groups in the city for this very reason. When a whole group of people have the same problem, it's not so hard to talk. You find out you're not the only one, and you can let out the feelings without fear of rejection and criticism.

These groups, like Counselling Services, are all confidential. Sometimes it takes a crisis to make us willing to get help (a mid-term crisis, perhaps?) But the most important thing to know is that help is there.

Besides, an eating disorder is an order of the elite. Fred Horsley, at the Counselling Centre, says it most often affects the bright, the sensitive, and the creative. Now doesn't that make you feel good?

Allow us to dangle a few carrots.

Chew on this for a minute: Supercharged success. Big bucks. World travel. Taste good? Then take a look at the Touche Ross menu.

Comprehensive training programme.

A wide variety of experience on clients ranging from small local enterprises to the largest multinationals.

Opportunities for short and long term transfers to Touche Ross offices located throughout the world.

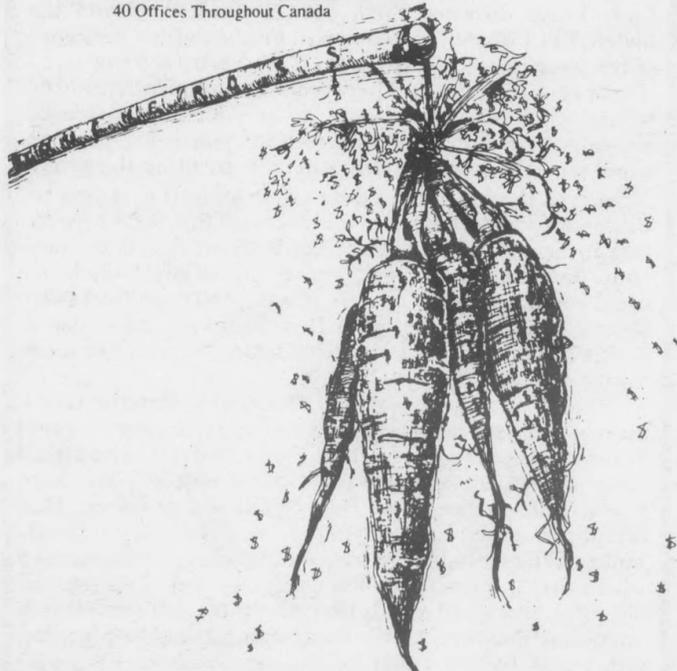
A flexible performance review and promotion system which recognizes an individual's abilities and allows the best and the brightest to "Fast Track" to the top.

An open and friendly office environment.

In fact, when it comes to carrots, we offer the best of the bunch.

Touche Ross

Chartered Accountants / Management Consultants
40 Offices Throughout Canada



GRAD PHOTOGRAPHY
"Class of '89"



- \$20 sitting fee includes:
- = 10 different poses
 - = Free Composite and Yearbook photos
 - = Free pre-sitting make-up check
 - = Free proofs with orders over \$55
 - = Exclusive "Build-Your-Own Portrait Plan" as well as Regular Plans
 - = Wide variety of poses from the 'traditionals' to 'glamour'
 - = You may include a 'special friend' with one of your poses
 - = Hoods/gowns available for most bachelor degrees

Call now for your sitting appointment



Celebrating our 10th year
472-0123
88 Main Street
At Brookside Free Parking



Who is this? Is it man, myth or misses?
Have you ever seen him before? Do you know what he does? Does he go to all his classes? Is he even a student? If you know who this is, send your answer c/o News Dept., The Bruns, Rm 35 SUB. You may be eligible for a prize.

THE TANNING WORLD

WITH 4 TANNING BEDS TO SERVE YOU!

115 PROSPECT STREET
WE OFFER STUDENT DISCOUNTS

FREE

TO NEW CUSTOMERS, BRING IN THIS COUPON FOR
1 FREE TANNING SESSION

(valid until Oct. 31, 1988)

OCTOBER SPECIAL
20 Sessions for \$60