

## Nutrition Intuition

You've just dropped five pounds on a low-carbohydrate, high-protein regimen—and you're feeling slim. However, in the days following the end of your diet, you keep getting a strange craving for lasagna; and no other food will satisfy you.

Why is it that at certain times, only certain foods can assuage our hunger? Researchers now believe that when the body is in need of a particular nutrient it lets us know by signaling the brain—telling us to eat certain foods that will provide us with that missing nutrient.

For the most part, we don't recognize the need for a certain vitamin or mineral on a purely conscious-or even on a purely instinctual-level. According to Brain Morgan, Ph.D., assistant professor of nutrition at Columbia University's College of Physicians and Surgeons, at times we crave certain foods because we've learned, over the years, that they will relieve the physical symptoms we experience when we're low on a particular nutrient. As a parallel, Dr. Morgan cites studies in which animals deprived of one type of vitamin were given a choice of several foods. The one they chose offered the needed vitamin.

So the reason you may have had that urge for lasagna, after being on a low-carbohydrate diet, is that the lasagna is packed with carbohydrates, which your body hasn't been getting enough of.

Women in particular are subject to food cravings, because the female body undergoes so many changes during the 28 day menstrual cycle. During the 14 days between ovulation and menstruation, the levels of two hormones, estrogen and progesterone, peak and then fall. Progesterone lowers blood sugar levels, resulting in mild fatigue—and a craving, in some women, for sweets. By raising the level of blood sugars, sweets produce quick energy, combating this fatigue. Moreover, during this part of the cycle many women crave all carbohydrates—not just sweets—because they raise the blood levels of the brain's chemical messenger, serotonin the body's self-manufactured tranquilizer, which makes us feel better.

Of course we don't always crave foods simply because of their nutritional value: We consume certain foods, such as chocolate milk, when we're sick because they provide emotional comfort; we remember being fed them by our mothers when we were children. Still, there is a physiological basis for the emotional satisfaction that some preferred foods provide. For example, cookies, cakes, bread and pasta all release insulin, which increases tryptophan, a nutrient. This converts to serotonin, which gives us a feeling of well-being.

Jennifer Moses—MADEMOISELLE

## Eating Pretty

Doctors used to believe that certain foods could ruin a complexion. Teenagers were on warning to steer clear of chocolate and greasy foods because it was thought that they caused acne. Today, most dermatologists agree that these foods don't bring on a breakout, but they also believe eating a balanced diet can keep a complexion healthy—and improve the condition of your hair and nails.

An important study, which refuted the chocolate-acne connection, was conducted at the University of Pennsylvania, where acne patients were divided into two groups and fed two different types of candy bars that looked identical. One group received bars that contained no chocolate, while the other group ate bars that were enriched with ten times as much chocolate as an ordinary one would contain. None of the chocolate-eaters experienced any change in their acne condition.

Greasy foods have also been cited as acne promoters. But according to California dermatologist Alan Gaynor, M.D., clinical instructor at Children's Hospital in San Francisco, while applying greasy substances directly to your face can clog pores, consuming greasy

foods will not affect your skin.

Although nothing you eat will actually cause acne, there are foods that may improve your complexion. According to Francis Iacobellis, M.D., attending clinical professor at New York Hospital-Cornell, "You get a new layer or skin every month, so to insure proper turnover, you must have a well-balanced diet to get all the vitamins you need." For example, if you're getting very little vitamin C, your skin will bruise more easily.

During the winter you may find that your skin is prone to dryness. This can be remedied by increasing your fat intake. "You can also prevent dryness by getting adequate amounts of A, D, and E vitamins," says University of Minnesota Nutritional Biochemist Karen Owens. "A diet rich in fruits, vegetables, meats and dairy products will keep your skin looking healthy."

Finally, calcium, phosphorus, and vitamin D will promote growth of your hair and nails, so be sure to eat plenty of dairy foods, green vegetables, and meat, all of which will provide you with these vital nutrients.

Peggy Nicoli—MADEMOISELLE

## Feeling Good

### Cigarette Research

The federal government is spending millions of dollars in an effort to develop a medically safe cigarette, but critics say the search will be fruitless.

"If people are going to smoke, what's wrong with a safe cigarette?" said Michael Hoback, a spokesman for the U.S. Department of Agriculture.

Rep. Henry Waxman, D-Calif., said last April that the expenditure was a "waste of money."

"They can't develop a safe cigarette," said Waxman, who has successfully supported bills in Congress designed to discourage smoking.

The U.S. surgeon general has said that 350,000 Americans die each year from diseases associated with cigarette smoking.

The director of the federal tobacco research facility in Oxford says he is hopeful the experimentation ultimately will result in a safe cigarette, but he adds that scientists currently "are not that close."

"I think we can accomplish what we're trying to do, but I'd hate to say when," said Dr. James Chaplin, director of the Oxford Tobacco Research Lab. "We're not that close...It's a slow process."

Chaplin said two of the lab's 10 scientists are working on breeding tobacco plants with a lower level of tar by crossing lines with low tar and less-than-desirable smoking qualities with lines that have good smoking qualities and the usual amount of tar.

Although some 550 samples were grown this year, the scientists can test only 300 samples a year because they have to cure the tobacco, make it into cigarettes and smoke them on smoking machines that analyze the tar and nicotine, he said.

"We haven't come up with a real fast method of analyzing for tar," said Chaplin. "We could go much faster if we didn't have to go through that process."

The Oxford lab has focused for the last five or six years on reducing tar in tobacco. He said USDA labs in Beltsville, Md., and Athens Ga., are concentrating on reducing the amount of other harmful substances found in cigarettes, such as solanols and phenols.

"We have worked with nicotine, but this is not so much associated with health," said Chaplin. "People are smoking cigarettes with lower nicotine levels, but tar is the thing we blame for most of our health problems."

Commercially available cigarettes with low tar and nicotine are made with the substances processed out of the tobacco during the manufacturing process, he said.

Chaplin said his lab also is working on breeding tobacco varieties resistant to diseases and insects. Other research focuses on new techniques of breeding tobacco in an effort to shorten the time required to develop different varieties.

The scientists are also working on methods of controlling insects that attack stored tobacco and on computer models that help farmers plan the best way to grow the leaf.

etc., etc., etc.

## What's a Sniglet?

by Gary Kraft  
Knight-Ridder News Service

Rich Hall is a maker of sniglets, those catchy words that succinctly describe some of life's common experiences. Like "hozone," the place where one sock in every load of laundry disappears. Or "Cheedle," the residue on your finger tips after eating a bag of Cheetos. Or the "pyramonster," which is the one-eyed, pyramid-like creature on the back of one-dollar bills.

The sniglets concept came to the 29-year-old comedian when he was walking down the street one day about three years ago.

"I saw a bunch of people dropping letters in a mail box," Hall remembered. "They all rechecked the slot to make sure it went down, that it didn't try to climb out and escape down the street. I stood there for a while and watched people, and everybody did it."

"So I said, 'There should be a name for this,' and I came up with 'preblemblemation.' Then I started thinking of all the other things we share in common, and they came pouring out of me. I did them as a sketch one night and it was well received, so I kept going with it."

So far, Hall has been able to stretch his sniglets over two books (a third, "Unexplained Sniglets of the Universe," is due out in time for Christmas) and engagements on "Not Necessarily the News" and "Saturday Night Live." They're also responsible for most of his mail.

"I get truckloads of them all the time," he said. "I just throw them in a jar, and when I have another book to write, I pull them out. If I can, I make a third of the books based on sniglets that readers send in. Sometimes people will send in ones that are great, that can run as it is. Other times they'll have great ideas or great words that need tinkering with."

"I worried for a while that I was becoming too closely associated with (the sniglets). It's important people are

aware there are other facets to my career than performing sniglets. But there's no way to control that - it's certainly helped."

Indeed, the sniglets have been instrumental in establishing Hall as a minor but definitely growing force in modern comedy. Not a bad position for someone who had no comedic ambitions until he needed a job after college.

Born near Alexandria, Va., Hall said he wasn't a class clown, though he did write humor columns for his high school newspaper. He continued to write at the University of Washington, even earning a degree in creative writing, but that wasn't the kind of major he needed to get a job in a profession-oriented society.

"I was really just hanging out at that point, so I decided to put together this act," he said. "What I'd do is get a crowd together by saying I was a movie director who'd run out of money and needed one last scene, a crowd to improvise a horror scene."

"It got funny after a while," Hall explained. "People would point at skyscrapers and scream. I'd put a latex monster mask on one innocent victim and let him run around. And of course, I was using a dummy camera. When I was done, I'd pass a bucket around to get donations for the 'movie' I was making."

Hall's version of improvisational street theater went over well all over the country. Colleges invited him back for a guaranteed fee. When a New York policeman stopped his performance in front of Lincoln Center, Hall received more donations than he ever had and "thought about making it a racket, having a guy dressed as a cop come up and arrest me after ever show."

David Letterman finally got Hall off the street, however. After watching the young comedian's act, Letterman hired him as a writer for his short-lived morning program in 1980. After that, Hall joined the cast of "Fridays," ABC's version of "Saturday Night Live," which closed a year later.

## The United Nations turns 40

In villages throughout El Salvador, a one-day truce halts the fighting as medical teams inoculate children against five fatal diseases. Halfway across the world, near the Aswan Dam in Egypt, a restoration team puts the finishing touches on a 20-year project to save the historic temple of Abu Simbel.

On the island of Cyprus, peace-keeping troops stand guard along the line separating Greek and Turkish Cypriots. And in a dark windowless conference room on the far east side of Manhattan, delegates debate the morality of corporations doing business in South Africa.

These four programs are only a few of the tens of thousands of operations organized or sponsored by the United Nations, which is celebrating its 40th anniversary this year.

While these activities may be passed over in the next several weeks of General Assembly debate, which begins Monday, they - and not the political issues of the moment - symbolize the essential work of the world organization.

The United Nations, founded as a universal body to guarantee peace and security, has evolved into a sprawling mass of institutions, people and resolutions. All are committed to a sometimes bewildering array of tasks; no problem, from transporting hazardous goods across borders to the prevention of nuclear war, is too small or too large for consideration.

Its detractors call it a paper mill (the U.N. system produces more than a billion pages of documents a year) - with a top-heavy bureaucracy (26,500 staff members worldwide) bent on baseless attacks on American ideals. Its supporters say the organization

plays a vital role as a forum for international debate, and single out its victories - the eradication of smallpox, the codification of human rights, and some say, the prevention of World War III.

Its thousands of meetings and conferences a year serve as a mass network and set guidelines on great global problems ranging from proliferation of nuclear arms to air traffic control. In the last year alone, U.N. meetings have drawn population experts together in Mexico City, authorities on crime to Milan and 15,000 women to Nairobi for the decade end Women's Conference.

The activities of the United Nations range from the highly dramatic and political - the Security Council considering the shooting down of the Korean Air Lines flight 007 - to mundane - the collection of weather statistics by the World Meteorological Organization or the standardization of international mail delivery by the Universal Postal Union.

In the process of reaching its 40th anniversary, the United Nations has developed a unique political culture, replete with its own language, symbols and unpronounceable acronyms.

Although the Security Council has the power to impose sanctions or invoke other forms of coercion to resolve a dispute, while the General Assembly can only discuss subjects and make nonbinding recommendations, over the years the separate functions of the two organizations have often been blurred, the diplomats say.

Many believers in a strong United Nations assert that the United States lacks a coherent, long-term strategy in the organization and a commitment to joining with the countries to resolve global problems.

## Your Headache May be All in Your Jaw

Do stressful situations or tasks that require concentration-such as studying, typing, reading or driving over difficult roads-always seem to give you a headache? Or, have you been taking medication for headaches... but it never seems to do any good? "Then you may be one of the sixty million or so people in this country who suffer from TMJ Dysfunction-unconsciously clenching or grinding your teeth," says Neil Gottehrer, D.D.S., director of the residency training program in TMJ Dysfunction and Craniofacial Pain at Abington Memorial Hospital, Abington, Pennsylvania. Other signs of TMJ Dysfunction (for temporomandibular joint-your jawbone):

- Your headaches are centered around one temple and your jaw is sore or stiff.

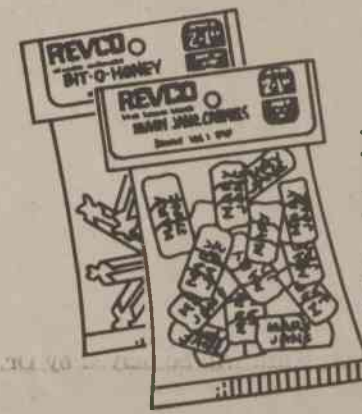
- When you open your mouth, there's a "clicking" noise and your jaw shifts to one side.

- You're unable to open your mouth wide enough to fit your two middle fingers, aligned vertically, between your teeth.

Treatment for TMJ can be relatively simple: "Concentrating on not clenching your teeth is the obvious first step," says Dr. Gottehrer. You might also ask your dentist for jaw-relaxation exercises-or ask him to refer you to a dentist experienced in treating TMJ. If you clench your teeth while you sleep (usually the reason for waking up with a headache), your dentist can fit you with an orthopedic device to wear at night. If none of these treatments works, muscle-relaxing medications or dental work to readjust your bite may be recommended.

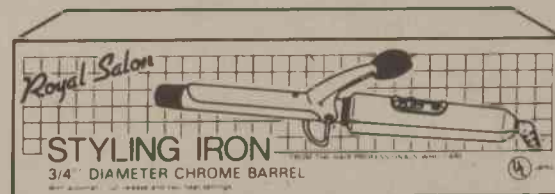
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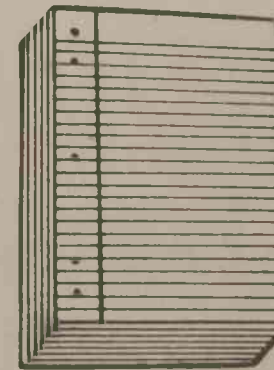


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