

Editorial

# Staying in shape

By Beth Eakes  
Layout Editor

The other day I was enticed into the newest craze: the urban lunch spa. This phenomenon has spread itself, like a creeping greenhouse, from city to city across the land.

After being seated under a large asparagus fern, I continued to inspect the establishment. The menu was nothing if not discreet. The fare it offered with such artistic flourish was, of course, restrained. Modest. No roast beef would bloody its plates. No french fries would grease its side dishes.

The platters I was served were lean enough to pose for the camera, a luncheon menu so light that it cost more per ounce than caviar.

When my companion's soup came to the table, it was a clear broth with six discreet rings of scallions floating on the top. The slender man and svelte woman at the next table glanced at the French bread the waiter brought, as if it were a gate crasher. Too polite to keep the interloper out, they merely ignored it.

Finally, our salads arrived. His was spinach with a smattering of mushrooms and a sprinkling of egg whites. Mine was watercress and Boston lettuce with a modest touch of Stilton.

Together the two health addicts at the table nibbled eagerly through their pasture of choice greens, talking enthusiastically about their health regimes. Placing the watercress neatly into the lean frame under the silk shirt, she shared the wonders of running. While he, filling his European-cut body with Iceberg, touted the wonders of his stationary bicycle and his universal exercise machine. He continued to express the assorted mental push-ups and -downs of his day.

*It occurred to me that the right sort of people do not eat in public anymore*

Suddenly, I had an urge for a hot oven grinder with a side order of onion rings and ketchup, hold the hot peppers. Suddenly, I longed for pecan pie. It occurred to me that to order anything more massive than the sliver of bluefish offered to me would be to commit a social faux pas of urban enormity. The bouncer would, no doubt, be called.

It occurred to me, furthermore, that the right sort of people do not eat food in public anymore. They merely graze and water themselves.

Self-control, it is called, with a straight face. In the middle of international chaos, we manage to worry about vitamins, weight, and staying in shape. When everything is out of control, we try to control our wastelines. Self-discipline chic.

If I had taken a survey of the chic clientele I would surely have found ethical relativists and physical absolutists, a gathering of uncertain people in an insecure environment who maintain food regimes and exercise -- religiously.

Their hair shirts would be warm-up suits and their ten commandments would begin with "Thou Shalt Not Eat Pasta". They would arrive at the morning weigh-in as if the scale were an altar.

When my own luncheon of leaves arrived, I forked them and thought of what my favorite childhood author once wrote: "What I say is that if a man really likes potatoes, he must be a pretty decent sort of fellow." . . . A.A. Milne. "I'll nibble to that."

## Guilfordian

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## To draft or not to draft?

The Guilford College chapter of the North Carolina Public Interest Group (PIRG) will sponsor a Forum on the Reinstatement of Draft Registration Wednesday, February 20, at 8:00 p.m. in Boren Lounge, Founders Hall.

The forum will include a panel-discussion presentation of both the pro and con side of the draft/registration question. Speaking in favor of reinstatement will be John Shea, a disabled veteran from World War II. Another pro-registration speaker, who is tentative at this time, is John McCarthy, a reservist in the Selective Service Administration. He is also

a Major in the Marine Corp Reserves.

According to PIRG spokesperson Isa Cheren, "We've contacted over fifteen military-related organizations in an effort to have pro-registration and draft views aired; unfortunately, many of the groups are not interested in having someone speak before college audiences."

Cheren continued, "Some groups wanted to participate but cited some government policy that didn't allow them to discuss this issue."

On the con side will be Ed Burrows, a recently retired Guilford College history professor. Burrows was a Conscien-

tious objector during World War II and he also spent three years in prison for his opposition to conscription.

The other speaker on the con side will be Larry York, a Vietnam veteran. York, who served as a medic in Vietnam, was president of the North Carolina Vietnam Veterans Against the War for two years.

"We would like to make it clear that this forum is to present both sides of the issue," said Cheren. "PIRG has no stance on the draft and registration."

NC PIRG recently sponsored similar programs at both its Davidson College and UNC-Chapel Hill chapters, which were well attended.



## Letters to the Editor

Keep those letters coming; it's better to debate an issue without settling it than to settle an issue without debating it. All letters must be submitted by Friday, and should be no longer than 200 words in length.

### Kill Draft

Dear Editor:

If anybody should be drafted, then both men and women should be drafted.

Women should not be drafted!

If women should not be drafted, then both men and women should not be drafted.

If both men and women should not be drafted, then NOBODY should be drafted.

Kill the draft before it starts! If you support the draft, then volunteer.

David Chanley

### Quaker way OK

Dear Editor:

I am on sabbatical and was out of the country much of the summer and fall, but the February 12 issue of the Guilfordian prompts me to involve myself in a campus fray. I am appalled at the cynicism expressed in the

editorial and letter columns. Not that there is no ground for cynicism on the basis of some past experiences, but cynicism destroys the areas of trust that still remain.

If William Rogers were not a Quaker, there would still have been the question whether Guilford needed a proven administrator or a distinguished academic. I have worked under William Rogers when he was an associate dean. He has served

See "Letters" page 3



Christian seeks college.

## Meet Christian!

Cute Christian, a 17-year old senior high school girl seriously injured in an automobile accident last July 3, needs encouragement to "hang in there." She is interested in going to college in the fall and would like to hear what college life is like. She was in a coma for almost four months, but didn't sustain any permanent physical or brain damage.

Her speech, which is improving, is slowed somewhat. Christian has a terrific sense of humor and doesn't feel sorry for herself.

She has regained the use of her hands, can now type, and walks "like a doll" with a walker. Christian is scheduled to have a hip joint operation in July so that her legs will function normally.

July is a long way off; if you'd like to write to her, she would surely enjoy hearing from you. She is out of touch with her former classmates, and would like to hear from anyone and especially, a boy.

Write to: Monteen Jones, 2103 Dunsford Drive, Orlando, Fla. 32808.