

You Consist of What You Masticate

By BRYANT ARRINGTON

Shortcuts are tempting. No matter if only five pounds or "grossly" overweight, you probably feel your diet should make you lose weight as fast as possible. With this attitude, you will probably keep searching for the latest "big-promise, little-work" diet plan you can find.

All crash fad diets eliminate some important nutrients your body needs for optimal health and performance. Sure, you can lose weight fast on any starvation diet. However, recent research indicates that 97 per cent of those who lose a desired amount of weight regain it. The problem is incorrect eating habits. Fad diets, even if they were not dangerous to your health, contribute to bad eating habits.

What you can do is develop life-long, sound eating habits, coupled with good exercise. It is impossible to do this on unbalanced diets.

There are three types of popular fad diets: low-protein diets, high-protein, lowfat diets, and high-protein, high-fat diets. The last two are also called ketogenic diets because both cause ketosis (more about that later).

The low-protein fad diets stipulate that you have all the nonprotein fruits and vegetables you want, limited carbohydrates, and fats and no protein for several months. You must eat no meat, poultry, fish, eggs, milk, cheese, nuts or beans and peas that contain protein.

The low-protein diets cause your body to develop a negative nitrogen balance. The body starts to break down or digest its own tissues. If you remain on this diet long enough, you will die.

The high-protein, low fat diet and the high-protein high-fat diet are very similar. These diets are most often referred to as Dr. Stillman's and Dr. Atkins' diets.

On Dr. Stillman's high-protein diet, you drink large quantities of water a day and consume all the protein, including eggs, that you want. No carbohydrates and consequently no fruits or vegetables are allowed. On this diet you burn up 275 more calories than on a diet of the same number of calories that includes fruits, vegetables, and fats. When the body finds itself without carbohydrates for fuel, it begins burning its own tissues to supply energy.

The designers of these eat-all-the-protein-you-want diets are supposedly protecting themselves by suggesting use of vitamin capsules. But of course vitamins from food are more readily absorbed by your body than when taken in capsule form. You need sufficient carbohydrates in order to utilize the important B complex vitamins.

Many fruits and vegetables are low in carbohydrates, besides being excellent natural sources of vitamins and minerals. They also contain fiber and other roughage that help you have a good shit. But in an effort to simply diet, even these fruits and vegetables are omitted by many people on high protein diets.

Water is a helpful diuretic and the best natural way to rid the body of excess fluid in and around your tissues. Drinking water is advisable on or off a diet. However, water and protein form no magical formula.

Protein diets are popular because of some scientific evidence which is, of course, only part of the story. When you eat protein, your metabolic rate increases and therefore you burn more calories. For every 130 calories of protein you take in, you lose 30 on body heat, so that you end up with 100. For every 106 calories of fat, you lose six on heat; for every 104 calories of carbohydrates, you lose four as heat.

Providing you don't eat more calories than you burn up, you could eat about 25 per cent more protein calories than carbohydrate or fat calories and not gain weight. You tend to eat less of the heavy, more expensive, hard to digest meat, eggs and other protein than the more easily digestible carbohydrates.

The high-risk protein diet, like every diet, can only cause a weight loss if more

calories are burned than eaten. The risk to health with increased cholesterol levels and vitamin deficiency is a poor price for an expensive and boring diet.

Eliminating carbohydrates, as both of the high-protein diets do to different degrees, throws the body into ketosis—the state in which ketone bodies, or acid chemicals, are formed. The acid chemicals result when fats are not completely broken down. The acids cause the uric acid in your blood to increase and this, in susceptible people, can cause painful attacks of gout. Ketogenic diets may do harm to the fetus in a pregnant woman. They could also be harmful to people with unsuspected

kidney disease; they might retain urea. Such a diet in a person with an advanced state of kidney disease could promote kidney failure.

The Select Committee on Nutrition and Human Needs of the U.S. Senate has begun holding hearings on obesity and fad diets.

At these hearings, the American Medical Association came out loud and clear against fad diets. The AMA particularly pointed out that ketogenic diets, because of their limited intake of saturated fats and cholesterol-rich foods, could promote blood clots and heart problems.

For those brave souls who would

continue on a high-protein or low-carbohydrate, high-fat diet, it is important to become familiar with all the early warning signs of a possible heart attack. Some of these signs and symptoms may be chest pain, irregular electrocardiogram, palpitations, and pain radiating down the arms.

If you want to lose weight, eat fewer calories than you burn. Even the laziest will lose weight when eating between 1000 and 15000 calories a day. Eat a balanced meal, no sugar, and drink all the water you can hold. A balanced diet, by the way, includes 100 grams of carbohydrates.

Bryant Arrington is "the bald-headed guy that's always taking pictures"

London Program Cut

First, we the students of the North Carolina School of the Art's London Course, must thank you for the most valuable and fruitful experience we've ever had; it's been remarkable.

Now, on the eve of the culmination of this incredible year - a production of "The Beggar's Opera" at the Art's Theatre in London's renowned West End - the news of the legislature's decision to discontinue funds for the London Course comes as profound and disappointing, both for the students and faculty here.

Not only has this program been an exciting and valuable educational experience; it has also provided the students with the opportunity to witness the world's greatest theatre first hand, an incomparable experience for any student. The efforts of Mr. James Dodding and his hand-picked staff have provided classes and performance opportunities of unequalled quality and merit; to discontinue this most important addition to the student's education would be, we feel, both unwise and against the principles of higher education. In this, "education" means a total, concrete learning experience. Here in London, the students are able to see theatre first-hand, an opportunity unavailable to many NCSA drama students. And how can any actor be expected to establish a professional standard when he or she has

never seen a professional production? Surely this would be like trying to build a house without ever having seen one.

Finally, we feel that in addition to the excellent cultural, artistic, and academic experience we have shared here, that to discontinue the course would also be an unfortunate detriment to the future of the NCSA Drama Program, not only to students and faculty directly involved with the London Program, but also to the future audiences of our native North Carolina.

In this vein, we appeal to your sense of artistic quality and judgement.

Once more, thank you for this past invaluable year in London. Here's hoping the future will be as provident to future North Carolina students.

Very sincerely yours,
Sonny Linder

on behalf of the students of the NCSA London Program '74-'75

Note: The attached sheet of signatures represents a unanimous endorsement by the current London students.

Letter to the Editor

I heard yesterday that the London course is not to continue next year; I cannot, of course, know all the reasons for this decision, but I would like to use some space in your newspaper to urge everyone connected with N.C.S.A. to use their powers, individual and collective, to

get this decision reversed.

I have been working in professional theatre and drama schools in this country and abroad for almost fifteen years, and would venture the opinion that the course offered to the students this year compares more than favourably with anything that our established drama schools provide. My own contribution has been very small, but I think it would be a great pity if future students were not allowed to avail themselves of the abilities of the excellent teachers who Jimmy Dodding has got together for this year. It goes almost without saying that his own commitment, integrity and ability are irreplaceable.

Lastly, but most importantly, I think the development and extended abilities of the present students should be sufficient evidence of the value of this course; even at the end of a very full and tiring year, their energies and enthusiasm are virtually undiminished, and I believe that that in itself says as much for the excitement, interest and value of the course as it does for their own vitality and determination. Please do everything you can to ensure that something so good, so honest and so worthwhile does not come to nothing.

Yours most sincerely,
Richard Mangan

Poetry By Students

A Karate Match

Body tense,
breathing hard then soft.
A shiver slides down my body; I wait.
Lips withering into a snarl, he screams to confuse.
Ropes of muscle jump to the surface of his arm and chest,
I wait.
He snaps forward with an attack to my side,
no head,
no - a feint!
His body dips and leans, weight over to the left.
At the side of my vision,
a foot catapults towards me;
an image of reaction.
I tear my body into position,
smashing down with two forearm clubs in a scream of attack,
to hit inside the flash of foot,
into the exposed thigh muscle.
When that leg touches floor, there will be no strength.
It's a panicky race -
my nearest shoulder up, arm and elbow in a pendulum
swing must meet his slicing flat of hand
A sound - the echo of my breath rides over the thud
of flesh and he now looks into the ghost of a fist.
Arm soft like a whip tenses for impact
Smack, a point!
The memory of speed unreal in the slow motion of falling into a defense.

Bryant Arrington

A Song for You, Jean

3 o'clock in the morning
The whole land pauses for a moment
Eyes, stark wide, try to part
the deafening blanket of black
and the breath tries to suck
it away.

A soul can be terrorized by
the thought that this is what it
is to be shut up, in the ground
for an eternity.

Then, to its relief, the stars begin to turn
over and lull me,
with pinpoint music, to sleep.

Cher Kroupa

One easy decision
Three subdivisions in Forty-three
classifications
Eight portions of Twenty-six assorted
parts
Ninety reasons for choosing the Four
best portions
From the Twenty-six assorted parts
Six of which are located Eighty
millimeters from
my memory banks
Three of which are stored on Thirty-eight
miles of tape
on One Hundred and Thirty cassettes
All of which may be recalled by performing
one simple operation in six easy steps
in Thirty short days.

Joe Brown

come to me with roses in your cheeks
sunlight in your eyes
smiles within your touch
bring me love, return my faith
lady, bring me healing
for I have loved you often, never well

come to me with gentleness in words
music in your hands
comfort in your voice
bring the morning, show the light
lady, bring me healing
though I have loved you often, never well

haven't you the answers to my fears
salve for my burns
kisses for my tears
bring me light and show me hope
lady, bring me healing
I want to love you often, very well.

Kay Crutcher

The hammer raps on
As the radiator hisses at
The car screaming by
the student coughing
As another drags a book
while the teacher turns pages
And the class next door is yelling
While I have to write a poem about
silence.

Craig Weindling