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Students polled On chapel issue

By Rebecca Rogers

Last Monday, the Vestry presented a panel discussion on the question of required chapel, sparking much self-examination and debate among the student body. The following Tuesday, the students were polled in Chapel as to their position on the issue. A surprising 56.5 percent of the students said yes, it should be required while 43.5 percent said it should not be. The results of the poll were then submitted to President Rice to be reviewed and then passed on to the Board of Trustees. In opening the panel discussion, President Rice said that the student poll would not definitely change the administration's position on required chapel, but that it would be given very careful consideration.

In the panel discussion, six students presented their personal views on the subject. Beth Simpson, chairman of the vestry, chose the panelists on their willingness to express their views and their ability to state them clearly. Two students, Ellen Block and Frances Fuller, spoke out against required chapel. They

felt that, "forced religion is not true religion," and that whether or not to go to church is a personal and individual decision.

The other four panelists, Amy Block, Annie Bray Sprunt, Kimbrough Mobley and Kathryn Davison spoke for required chapel. They felt that, even though one may not actually take part in the service, chapel is a time to be quiet, peaceful, and to prepare oneself for the week ahead. They also felt that students were well informed of the chapel requirements before they came to St. Mary's, and if they didn't like them, they could have chosen another school.

Mr. Steven Estheimer, the moderator of the discussion, emphasized that it was not meant to be a debate, but a way to spark, "open and rational discussion of the issues."

The question of required chapel is a difficult one. It has its loyal supporters and its strong opponents. However, if the poll is a true reflection of student opinion, required chapel should be with us for many years to come.



Day Students Meeting

THE CAMBRIDGE DIET: THE LATEST THING

By Mary Elizabeth Morns

On the campus of Saint Mary's there are always numerous trends which experience temporary popularity. Being on a diet, however, always seems to be in fashion. The latest diet craze to hit has been the Cambridge Diet. This is a new, low-calorie, liquid-formula diet. It has made the campus alive with the sound of blenders, which is what the powdered formula and water are combined in.

The name is derived from the University of Cambridge in England where it was developed under the leadership of Alan N. Howard Ph.D., Director of the Lipid Laboratory Department of Medicine. Other researchers involved in the development were Ian McLean Baird M.D., Consulting Physician of West Middlesex

Hospital, England, and George A. Bray M.D., Professor of Medicine, UCLA School of Medicine, and Associate Chief, Division of Metabolism and Nutrition, Harbor-UCLA Medical Center.

The Cambridge Diet was first marketed in the United States in March of 1980. The U.S. Food and Drug Administration banned its sale because the agency was afraid it would cause the same problems as some other protein diets. But after further investigation, the ban was lifted on July 9, 1980. The product was approved for use as the sole source of nutrition for no more than four consecutive weeks. The FDA required that the conditions necessitating medical supervision during dieting be clearly displayed in the product information.

These conditions are hypertension, diabetes, heart or kidney problems, gout, hypoglycemia, being elderly, a growing child, a pregnant woman, or a nursing mother. The diet should not be used with medications like diuretics. The FDA is investigating at least three cases of women who were hospitalized for heart irregularities as well as one death attributed to the diet.

Literature on the diet explains that the product is available only through distributors who are called Cambridge Counselors. They are everyday ordinary people with little or not academic background in nutrition. Their training consists mainly of a few sessions on nutrition and weight control provided by representatives from the home office.

According to the information given by a Cambridge Counselor, the Cambridge Plan is constructed in three phases. On the first phase, called the Ultimate Weight Loss Diet, the dieter consumes only the

Cambridge formula three times a day, 330 calories, for no longer than four consecutive weeks. It is reported that this phase can provide an average weight loss of four to five pounds per week.

The manufacturers of the product do not recommend that a vigorous exercise program be taken up during the first few days on the diet. They say that because the body is throwing off toxins and being asked to adjust to a new nutrition regimen that the dieter should let it make the adjustment before adding exercise as another stress. There is also a possibility of experiencing induced hypoglycemia.

The second phase, called the Diet Maintenance Program, is not a long term maintenance program but more a relief from the strict phase one plan. The dieter consumes two meals made with the Cambridge formula and one 800 calorie meal chosen from the ten possible menus provided by the plan. This can be continued for up to two weeks after which time if more weight loss is desired, the dieter can return to phase one or if the target weight has been reached, progress on to the third phase.

The third phase, called the Permanent Weight Loss Eating Program, is the long term maintenance program. The Cambridge formula three times a day is still the foundation of the diet but other food is allowed. The intake of table food is adjusted in blocks of 50, 100, 200, or 400 Kcal until the individual's weight remains stable on two meals a day in addition to the formula. This phase is designed for a life long nutrition program. No data has yet been published about how efficiently the weight is

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BEACON SHINES ON RALEIGH

As you may already know, the clubs at St. Mary's this year are required to do a community service project in addition to their contributions to the school. The Belles is interviewing each club to find out what its projects are. This is the third such article; the Vestry and the Belles have already been covered.

Molly Brooks is the president of the Beacon. Penny Hare is the secretary and Maggi Jones the treasurer. The club is six members strong at present. Already they have made themselves known by helping advertise the Lighting of the Green and holding the annual Circle-Beacon Christmas party. Some campus projects are already planned for this semester, such as conducting a chapel and selling buttons (yes, freshmen, the Hell Week buttons you have, already seen around classes).

The Beacon's community project is working at the Soup Kitchen located at the church of the Good Shepherd. The girls will split into groups going once or twice a week to prepare and serve soup and sandwiches which are available for lunch to the needy. If possible, they plan to donate food or money to the Ark.

Miss Brooks says she hopes the club will stay busy doing different projects because the clubs are here essentially to benefit the school and com-

munity. She wants to involve the whole school and invites everyone to give in their donations of food and money to churches. She also urges everyone to come to the walks. Penny Hare adds that she thinks the required services are good but wishes there was no need to require them.

Lynn Jones

EXCELLENCE WEEK

By Toni Davis & Amy Hurra

Excellence week is a special part of the year for girls at St. Mary's College. The special week starts Monday, Jan. 31, and last through Thursday, Feb. 3.

On Monday, Jan. 31, St. Mary's graduates will speak on selecting a major in Smedes Parlor. Refreshments will be served.

Tuesday, Feb. 1 is the date of the faculty chapel. Mr. Steven Estheimer will speak to the student body.

Wednesday, Feb. 2, a speaker will be in Smedes parlor at 7 p.m. The speaker is Don Roberts, a former political science teacher at St. Mary's, who now is a professor at North Carolina State University. Mr. Roberts will talk about current events.

The last day of excellence week is February 3rd. On this day a reception will be held in

Smedes Parlor for students on the honor roll and the dean's list. President John Rice will present a plaque to the students. The plaque will have the names of the honor roll students and the Dean's List printed on it. This plaque will be located in the lobby of Ragland.

As an ultimate part of this week the English Department is sponsoring an essay contest. The English teachers will submit some excellent work of their students to a panel of judges. An award will be presented to the writer of the best work. The history department is very excited about Dr. Roberts visit and assures his talk will be worthwhile. Dr. Coffey, when asked if the Science Department would contribute anything special, remarked, "Every week is Academic Achievement Week in our department."