

a culture where there is a tremendous obsession with food and weight and pressure on women to be thin and not have fat bodies," says Carla Rice, program coordinator for the National Eating Disorder Information Centre. Women are taught to find value in their appearances. "A fundamental difference occurs because men grow up to learn what they do is most important," says Rice. Women, on the other hand, get their self worth from their appearances. Girls and women make up to 90 to 95 per cent of those struggling with anorexia and bulimia. Ten to twenty per cent of women engage in many of the behaviours associated with both eating disorders. Seventy per cent are preoccupied with their weight and 90 per cent of women are dissatisfied with their bodies.

"It is not surprising that most women in our society are dissatisfied with their bodies, given that less than 5 per cent of us fit the ideal", says Carla Rice, Coordinator of the National Eating Disorder Information Centre. This ideal is that of an adolescent or underdeveloped body. "This is a complete denial of the mature women's body, thus, it is a denial of womanhood itself," Glendon student Melissa Barrett wrote in Excalibar last year. "It's no wonder we're all scared to get fat," said a bulimia sufferer who wished to remain anonymous. "Everywhere we look, we see beautiful, slim women. The media links beauty to success and power". "The media doesn't create these attitudes," Rice said, "but responds and reinforces them. The media picks up society's values and throws them back in our faces." Last week the Body Images Support group celebrated Fearless Friday, a day when dieters are encouraged to eat what they want without feeling guilty and without fearing weight gain. "People have to learn not to blame themselves for failing at dieting and to accept their bodies," said Rice. The day also marked the conclusion of eating disorder awareness week, which featured information campaigns by the Support Group and national organizations. This year's motto was "Taking up space in a slender society--celebrating our natural sizes." The goal is to reduce the prevalence of anorexia, bulimia, dieting and body image problems through a public, education program emphasizing social factors causing their development," said Rice. There is help available to people who suffer from eating disorders," said the bulimia sufferer. "The problem is in realising that you do have a disorder that has to be dealt with. Most women refuse to admit they have an eating disorder."

Graffiti FRIDGE

by Mike Goshko and Rob E



Roger's foolish belief in superstition spells disaster for the Lloyds.

A Note From your Arts' Rep

Hello! Welcome to 1992. My name is Scott A. Campbell and I am one of your four arts' reps on the UPEI Student Council. My job is to represent all members of the Faculty of Arts. If you have any comments, questions, concerns, complaints, or good remarks please contact me at the Barn (Student Union Office) by leaving a note, or you can contact me by leaving another note at the Robertson Library. I will try my best to resolve any problems and/or answer questions, and remember: this is your university. You have a right to know and a right to get involved. Get Involved!

My experience on council has been quite excellent so far and I remind everyone that it is not too early to start thinking about running in the next general election.

Arts Rep. Scott Campbell