

EATING ATTITUDES TEST

The Department of Student Services/Saga-Marriott Corporation are interested in collecting information on Eating Attitudes. Would you please be kind enough to complete the following questionnaire and return it to the Department of Student Services.

Age _____ Weight _____
Sex _____ Height _____

Please place an (X) under the column which applies best to each of the numbered statements. All of the results will be strictly confidential. Most of the questions directly relate to food or eating, although other types of question have been included. Please answer each question carefully. Thank you.

| | Always | Very often | Often | Sometimes | Rarely | Never |
|--|--------|------------|-------|-----------|--------|-------|
| 1. Like eating with other people. | () | () | () | () | () | () |
| 2. Prepare foods for others but do not eat what I cook. | () | () | () | () | () | () |
| 3. Become anxious prior to eating. | () | () | () | () | () | () |
| 4. Am terrified about being overweight. | () | () | () | () | () | () |
| 5. Avoid eating when I am hungry. | () | () | () | () | () | () |
| 6. Find myself preoccupied with food. | () | () | () | () | () | () |
| 7. Have gone on eating binges where I feel that I may not be able to stop. | () | () | () | () | () | () |
| 8. Cut my food into small pieces. | () | () | () | () | () | () |
| 9. Aware of the calorie content of foods that I eat. | () | () | () | () | () | () |
| 10. Particularly avoid foods with a high carbohydrate content (e.g. bread, rice, potatoes, etc.) | () | () | () | () | () | () |
| 11. Feel bloated after meals. | () | () | () | () | () | () |
| 12. Vomit after I have eaten. | () | () | () | () | () | () |
| 13. Feel that others would prefer if I ate more. | () | () | () | () | () | () |
| 14. Feel extremely guilty after eating. | () | () | () | () | () | () |
| 15. Am preoccupied with a desire to be thinner. | () | () | () | () | () | () |
| 16. Exercise strenuously to burn off calories. | () | () | () | () | () | () |
| 17. Weigh myself several times a day. | () | () | () | () | () | () |
| 18. Like my clothes to fit tightly. | () | () | () | () | () | () |
| 19. Enjoy eating meat. | () | () | () | () | () | () |
| 20. Wake up early in the morning. | () | () | () | () | () | () |
| 21. Eat the same foods day after day. | () | () | () | () | () | () |
| 22. Think about burning up calories when I exercise. | () | () | () | () | () | () |
| 23. Have regular menstrual periods. | () | () | () | () | () | () |
| 24. Other people think that I am too thin. | () | () | () | () | () | () |
| 25. Am preoccupied with the thought of having fat on my body. | () | () | () | () | () | () |
| 26. Take longer than others to eat my meals. | () | () | () | () | () | () |
| 27. Enjoy eating at restaurants. | () | () | () | () | () | () |
| 28. Take laxatives. | () | () | () | () | () | () |
| 30. Eat diet foods. | () | () | () | () | () | () |
| 31. Avoid foods with sugar in them. | () | () | () | () | () | () |
| 32. Display self control around food. | () | () | () | () | () | () |
| 33. Feel that others pressure me to eat. | () | () | () | () | () | () |
| 34. Give too much time and thought to food. | () | () | () | () | () | () |
| 35. Suffer from constipation. | () | () | () | () | () | () |
| 36. Feel uncomfortable after eating sweets. | () | () | () | () | () | () |
| 37. Engage in dieting behaviour. | () | () | () | () | () | () |
| 38. Like my stomach to be empty. | () | () | () | () | () | () |
| 39. Enjoy trying new rich foods. | () | () | () | () | () | () |
| 40. Have the impulse to vomit after meals. | () | () | () | () | () | () |

Thank you for your co-operation.

Platoon

by Shelli Wheaton

After hearing many comments such as, "Oh, that was such a good movie!" I finally had the opportunity to see 'Platoon' last week.

There has been much controversy surrounding the authenticity of Platoon, which is about the Vietnam War. The story

unfolds with a young volunteer soldier who is shipped to a camp near Cambodia, how he learns to fit in with the uneducated military men in the camp, and the trials he endures until he is shipped home; miraculously still alive.

What the film emphasizes is the hopelessness of the war within that particular military camp. The battles fought are hardly a test

of skill in outwitting the enemy, but battles between the men themselves. There is an ongoing struggle for each man to prove his own sense of worth in a pathetic war that no man wants to be in.

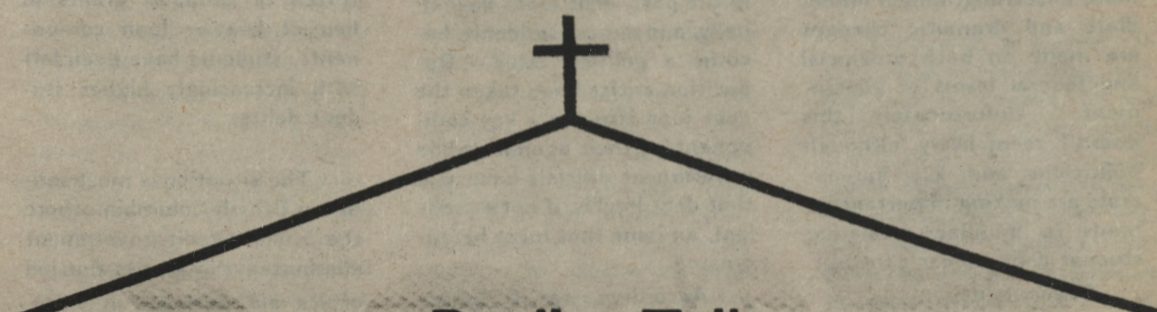
Yet 'Platoon' is hardly a battle of wits either. The senselessness of Vietnam

turned the camp into a psychotic mess of abandoned morals. There was nothing the men could identify with except the bleakness of death in its most agonizing ways.

I still have not been able to describe this film in words. I do know, however, that 'good' certainly is not it. To see this movie

is nothing short of an exhilarating experience, and controversial or not, it is an experience meant to be shared by everyone.

Perhaps especially to the people responsible for sending fellow human beings to that war.



Reality Talk

This week, Jeremy Lowther, a 4th year Psychology major, expresses his views on the true meaning of life.

Being the middle of March, we now have the end of another school year in site. The big rush is on; papers, presentations, and exams are approaching their deadlines and in about a month and a half, we will have cause for celebration.

For the past eight months we have been striving to complete our courses and now that is about to be realized. But what happens after it is all over? we might go out and celebrate, but somehow it might feel a little empty. We have achieved our goal, but now what?

Sometimes when we achieve our goals in life it doesn't bring all the satisfaction we thought it would. Somehow there is something missing, but we can't quite put our finger on it. There must be more to life; what is it's meaning?

As humans we all have one thing in common; we

WHAT CAN FILL THIS EMPTINESS?



"God is the filler"

were created by God. When we were still under construction, he installed in us an empty space (other than our stomachs). This space would remain hollow in us and, like our stomachs, desire to be filled.

However, we can't fill this space with food. The only thing that can fill it is a personal friendship with God. He made it that way, because he wants to share in our lives.

There is one problem, though. We try to fill this space with things other than God. We might think

that if we gain a job with a great salary, it will fill this cavity within us. Or maybe if we have a relationship with a particular person we will feel whole.

Maybe this vacuum inside hasn't been demanding attention that strongly, but one thing's for sure: it will arise sooner or later. When it does, we need to know how to fill it. Just talk to God—he's actually very real. We need to tell him that we want to get things right with him, by asking for forgiveness because of what we've done to him.

His Son took our place on the cross, so our ticket to heaven is paid in full. He wants to give us abundant life. He will fill that space inside of us. That's when we will experience true satisfaction in our hearts, and we will know our true meaning and purpose in life. He'll give us peace and relief.

However, don't wait until the gap inside demands attention—we can do it now. Do it now, because if you wait, it may be too late.